

Kitchen Cleaning Checklist

A thorough kitchen cleaning checklist covering appliances, surfaces, the sink, fridge, and floors.

Clear and Prep

- Wash, dry, and put away any dishes in the sink or rack
- Clear countertops and set items aside to wipe surfaces fully
- Empty the trash and recycling and add fresh liners
- Put away groceries, condiments, and stray pantry items
- Gather your cleaning supplies and a fresh dish cloth

Countertops and Surfaces

- Wipe down and disinfect all countertops
- Clean and degrease the backsplash
- Wipe cabinet fronts, handles, and drawer pulls
- Disinfect high-touch spots like light switches and faucet handles
- Wipe down the windowsill and any open shelving

Appliances

- Clean the stovetop and scrub the burner grates or coils
Soak removable grates in hot soapy water while you clean the rest.
- Wipe the oven door and clean the interior if needed
- Clean the inside and outside of the microwave
- Wipe down the toaster, kettle, and coffee maker
- Polish stainless steel surfaces and appliance fronts
- Degrease the range hood and wipe or replace the filter

Refrigerator

- Discard expired food and leftovers
- Wipe down shelves, drawers, and door bins
- Clean spills and sticky spots inside the fridge
- Wipe the exterior, handles, and the top of the fridge
- Vacuum the coils and floor behind the fridge during deep cleans
- Check and wipe the freezer, removing any frost buildup

Sink and Drain

- Scrub the sink basin and remove any stains
- Disinfect the faucet, handles, and sprayer
- Clean and freshen the garbage disposal
- Clear the drain and remove trapped food debris
- Wipe down the dish rack and soap dispenser

Floors and Finishing

- Sweep up crumbs and debris, including under the toe-kicks
- Mop the floor, paying attention to corners and under appliances
- Wipe down the trash and recycling bins

- Replace dish towels and the sink sponge
- Do a final wipe of counters and a quick inspection