

# Spring Cleaning Checklist - Kitchen

## ➤ **CEILING / LIGHT FIXTURES**

- Use a sock on the end of a broom handle and wipe where the walls meet the ceiling.
- Wipe down ceiling fan blades and fixture.
- Remove light globes and wash them out.

## ➤ **WINDOWS**

- Remove draperies. Wash, iron and hang (if you can). If they are dry clean only, allow to air outside.
- Wash the windows with hot soapy water. Make sure to clean the inside sills.
- Wash the screens (if your window does not tilt inward, can do this when clean outside).

## ➤ **CABINETS / DRAWERS**

- Take all items of the drawers and cabinets.
- Donate those items you will not use or which are missing, cracked, expired (spices), etc.
- Check for expiration dates and discard as necessary.
- Wipe down the inside cabinet and drawers.
- Put items back – making sure to put seasonal items or those you do not use frequently towards the back and keep those you may use a bit towards the front.
- Scrub the outside of the cabinets, hinges and knobs.

## ➤ **PANTRY**

- Remove all items.
- Wipe down shelves and walls.
- Check for expiration dates, stale items, empty boxes, etc. and discard.
- Set aside items you can donate to your food pantry.
- Put items together – group like items (i.e. cereal together, canned foods, etc.). Make sure the newest items (or with furthest expiration date) are placed to the back and older to the front.
- Wipe down the door and knob.

## ➤ **REFRIGERATOR / FREEZER**

- Take out items. Discard any which are expired, moldy, etc. Empty ice out of the ice bin to start fresh.
- Scrub all shelves and drawers.
- Pull refrigerator from the wall and clean behind and beneath it (if you can).
- If you have a bottom grill, remove and scrub it before putting it back.
- Place items back inside, remembering to put newest items to the back and older to the front.
- Place fresh baking soda boxes in each (freezer and refrigerator).
- Clean exterior -- including top and dispenser. (If you have stainless steel, polish).

## ➤ OVEN / MICROWAVE

- Run self-cleaning oven mode late at night.
- If no self-cleaning option, clean the inside with cleaners.
- Clean the inside of the microwave.
- Remove all knobs and soak in hot soapy water.
- Wipe down back of stove and stove top. Scrub drip pans (if you have them).
- Empty stove drawer and clean. Discard items stained or rusted.
- Pull stove from the wall and clean behind/underneath it (if you can).
- Wipe down range hood and remove screen/filter and soak in hot soapy water to remove grime.
- Put all item back (knobs filter)
- Clean exterior and polish as needed.

## ➤ DISHWASHER

- Remove racks.
- Scrub the inside, including the sides, seals and inside of the door.
- Put the racks back.
- Clean exterior and polish as needed.

## ➤ GENERAL ROOM CLEANING

- Remove all clutter.
- Wipe down all counter tops and backsplash.
- Wash the walls (test first to ensure your paint finish will not be ruined by washing).
- Check walls or trim for cracks or chips. Patch and touch up paint.
- Remove all ducts/air return vents and wash them. Vacuum inside of the opening as far as you can reach.
- Wash the light switch and door knobs.
- Dust off all doors.
- Scrub and polish the sink and faucet (as needed)
- Launder any rugs and towels.
- Vacuum/sweep the entire room.
- Scrub floor (mop or hand wash).