

# Spring Cleaning Checklist – Kitchen

## ➤ **CEILING**

- 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. Dust or vacuum them out.
- Donate the items you will not use.
- Toss out items which are cracked, broken or missing parts.
- Check for expiration dates on spices and other items and toss as necessary.
- Wipe down the inside of the cabinets and drawers.
- Put items back – making sure to put seasonal items or those you do not use frequently towards the back and those you use more often towards the front.
- Scrub the outside of the cabinets and drawers including hinges and knobs.

## ➤ **PANTRY**

- Remove all items.
- Wipe down shelves and walls.
- Check for expiration dates, stale items, empty boxes, etc. and toss.
- Set aside items you will not use (which are not opened nor expired) and donate.
- Put everything back. Make sure to group like items (i.e. cereal, canned foods, etc). Also keep the items most recently purchased, or with the oldest expiration dates towards the back.
- Wipe down the door, hinges and knob.

## ➤ **DISHWASHER**

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

**➤ REFRIGERATOR / FREEZER**

- Take out items.
- Discard items which are expired, moldy, etc.
- Empty ice bin and clean thoroughly.
- Scrub shelves, drawers and seals.
- Pull from the wall and clean behind and beneath (if possible).
- If you have a bottom grill, remove and clean off all dust and debris. Replace cover.
- Put items back in, making sure to put the newest items to the back and older items to the front.
- Place fresh baking soda boxes into both.
- Clean exterior, including water dispenser, top and side. Polish as necessary.

**➤ OVEN / MICROWAVE**

- If self-cleaning, run mode late at night.
- If not self-cleaning, use cleaners to clean stains and racks.
- Remove tray from the microwave and wash. Clean the inside.
- Remove knobs and wash (can be helpful to allow to soak to remove residue).
- If you have drip pans, remove them and wash (make sure to clean under them).
- Remove the screens from your range hood or vent and clean (may need to soak as well).
- Wipe down the back of the stove and stove top and put the knobs back on.
- Pull stove out and clean beneath, the sides of the stove and cabinet walls.
- Wipe down range hood and return filters.
- Wipe down outside of microwave.
- Clean exterior as needed (polish if necessary).

**➤ GENERAL ROOM CLEANING**

- Remove all clutter.
- Wipe down all countertops and backsplash.
- Wipe down the walls and baseboards (test to ensure paint will not be ruined before doing this).
- Check walls, doors and trim for chips, cracks and nicks. Patch and touch up as needed.
- Remove all ducts/air return vents and wash them. Vacuum inside as far as you can reach.
- Wash light switch and door knobs.
- Wipe down all doors, knobs and hinges.
- Scrub and polish the sink (as needed).
- Launder all rugs and towels.
- Vacuum/Sweep the entire room.
- Scrub Floor (mop or hand wash).