

## 1 GET READY

- Put on some good tunes
- Gather all cleaning supplies
- Do dishes, dry and put away
- Empty dishwasher
- Remove any non-kitchen clutter
- Put linens (rugs, curtains, aprons, etc.) in laundry
- Set up large box or bag for items to trash
- Set up large box or bag for items to donate
- Dust ceiling and remove cobwebs
- Dust top of cabinets
- Take out trash, recycling and compost

## 2 DRAWERS

- Pull out all items
- Sort into keep, donate or trash
- Wipe out drawers
- Replace any tattered drawer liners
- Clean any drawer organizers
- Place items back in neatly
- Wipe down drawer fronts and knobs

group like things together when putting them back

## 3 CABINETS

- Pull out all items
- Sort into keep, donate or trash
- Wipe out cabinets and shelves
- Replace any tattered shelf liners
- Clean any shelf organizers
- Place items back in neatly
- Wipe down cabinet fronts and knobs
- Clean glass on glass-front cabinets

pack away and store any infrequently used dishes (like your grandma's china)

## 4 PANTRY

- Pull out all items
- Trash any expired, old, stale or inedible food
- Donate any unopened food you don't want
- Transfer open items to jars or containers
- Combine like half-used containers
- Wipe down pantry shelves
- Replace any tattered shelf liners
- Clean any organizers
- Place items back into pantry neatly
- Wipe down pantry door and knob

make "zones" in your pantry - baking, snacks, etc.

use what you have to organize - old plastic containers work

## 5 COUNTERTOP

- Empty out utensil jar, sort, clean, replace utensils
- Wipe down any countertop small appliances
- Store any appliances that are use infrequently
- Clean out toaster crumb tray
- Descale coffee maker or kettle
- Clean microwave inside and out
- Wipe down knife block, sharpen knives
- Wipe down paper towel holder
- Clean fruit bowl/basket
- Wipe down counters and backsplash
- Wipe down any art and tsotchkes

## 6 OVEN & COOKTOP

- Put oven on self-cleaning cycle
- Remove all knobs and grates, wash
- Wipe down outside of oven
- Clean cooktop
- Clean inside and outside of range hood.

don't have a self-cleaning oven? spray it with oven cleaner and let it work while you do other tasks.

## 7 FRIDGE & FREEZER

- Pull out all food from fridge and freezer
- Trash any food that is expired, old, or inedible
- Wipe down shelves
- Wash ice cube trays
- Pull out drawers and wash, replace
- Put food back in neatly
- Declutter top of fridge, dust and wipe clean
- Take down all magnets and papers from exterior
- Recycle old papers, sort through magnets
- Wipe down exterior, replace magnets and papers
- Vacuum fridge coils

## 8 SINK & DISHWASHER

- Clean drains and garbage disposal
- Scrub and polish sink, faucet and knobs
- Sort through sponges and dish brushes
- Wash dish drying rack
- Empty food trap of dishwasher
- Wipe down inside and outside of dishwasher
- Run empty on a high-heat sanitizing cycle

Toss in a cup of baking soda and a cup of vinegar before running the sanitizing cycle

## 9 EVERYTHING ELSE

- Wipe down stools, table and chairs, and islands
- Spot clean or wash any chair cushions
- Wash windows and wipe down windowsills
- Wipe down switch plates, doors, knobs, and walls
- Dust and wipe down light fixtures
- Vacuum dust from vent covers
- Sweep floor
- Scrub any problem areas on floor
- Mop floor
- Clean trash cans, recycling bin, and compost bin
- Wash window screens and install

**GOOD JOB, YOU'RE FINISHED!**

Sit back, relax and celebrate! And maybe order some pizza for dinner instead of dirtying the kitchen.