

[deep clean]
KITCHEN CHECKLIST

Start With Appliances

Dishwasher

- Wipe around seal of door.
- With an empty dishwasher put dishwasher-safe cup filled with plain white vinegar on the top rack of the dishwasher. Using the hottest water available, run the dishwasher through a cycle.
- Sprinkle a cupful of baking soda around the bottom of the tub and run it through a short but complete cycle using the hottest water.
- Wipe down outside of dishwasher.

Refrigerator

- Empty fridge items only, remove shelves and wash them. Replace shelves, organize food back into fridge, discarding out of date items.
- Empty freezer items only, remove shelves and wash them. Replace shelves, organize food back into freezer, discarding out of date items.
- Pull fridge out from wall, vacuum behind the fridge AND vacuum the back of fridge, especially the motor vent, push fridge back.
- Clean top of refrigerator.
- Clean front of refrigerator.

Oven

- Remove oven racks.
- Set your self cleaner.
- When self-clean is done, wipe out inside of ashes & replace oven racks.
- Clean outside of oven.

Stove Top

- Remove knobs and wash.
- Wipe down stove top and replace knobs.

Microwave

- Use microwave safe glass bowl, fill with 1/4 c. baking soda and 1 c. water. Boil 2 min in microwave.
- Wipe down inside of microwave
- Wipe down outside of microwave

Cabinets, Counters & Floor

Cabinets

- Remove items from cabinets (1 cabinet at a time) wipe down shelves, reorganize items back in cabinets, eliminate unwanted/underutilized stuff.
- Wash tops of cabinets.
- Wipe down fronts/sides of cabinets.

Counters

- Wipe tops of all counters.
- Wipe backsplash.

Sink

- Rinse sink and sprinkle with baking soda.
- Work the soda into a paste and scrub the entire sink.
- Use a toothbrush to clean near the seals, base of faucet.
- Wipe down the faucet.
- Put half a lemon in the garbage disposal and run, use both halves.
- Rinse the sink clean.

Floors

- Remove all chairs & stools from kitchen.
- Vacuum the floor, carefully removing all crumbs near edges of the cabinets.
- Wash the floor with the method of your choice.