

# The Ultimate Kitchen Deep-Clean Checklist



Here's a comprehensive kitchen deep cleaning checklist — top to bottom, wall to wall. You can follow it step-by-step to make sure you don't miss a thing when it comes to your semi-annual or even monthly deep cleans.

## To Begin...

- Open your windows for some fresh air if you can. There's nothing that motivates you to clean more than airing out the house, at least that's what motivates me! Turning on some music and putting my apron on are also motivators for me. Give it a try!
- Gather cleaning supplies (spray cleaners, microfiber cloths, sponges, scrub brushes, gloves, etc.)
- Remove everything from your countertops (small appliances, utensils, etc.) so you have space to set things as you go through every cabinet, drawer, etc.
- Empty trash and recycling bins, so they're ready for anything you need to toss

## Ceilings, Walls & Fixtures

I find it is always helpful to begin top to bottom with the “shell” of the kitchen, then work your way in to everything else.

- Dust cobwebs from ceiling corners
- Wipe ceiling (if washable) and overhead light fixtures
- Clean walls, especially behind stove and near trash cans
- Wipe down switch plates and outlet covers
- Dust and wipe air vents, baseboards, and crown molding

## **Cabinets & Drawers**

- Empty all of your cabinets and drawers
- Wipe down inside of cabinets and drawers
- Clean cabinet fronts, knobs, and handles, same with the drawers
- Reorganize and replace contents

## **Refrigerator & Freezer:**

- Remove all the contents, place them in a cooler if you think the cleaning may take you a while
- Discard expired/spoiled items
- Remove and wash shelves/drawers
- Wipe down the interior and exterior of the fridge. Don't forget the top, and the back if you can access it.
- Clean/vacuum off the condenser coils, if you can access them. Many years ago, I once thought my refrigerator was broken. It turned out it was just clogged up with dust. I cleaned it well, and the fridge was back to working just fine!

## **Oven & Stove:**

- Remove and clean the oven racks
- Clean the interior of oven (See My Article about cleaning your oven without chemicals!)
- Wipe down stovetop, knobs, and control panel
- Clean under and behind stove (if possible)

**Microwave:**

- Place a bowl or glass of water in your microwave. If you have a “hot water” button for making tea/cocoa, press that. If not, heat the water for 3 minutes and leave the door closed. Let it sit for about 10-15 minutes with the microwave door closed. The steam will help loosen any dried-on food particles, making it easier to clean.
- Remove and wash the turntable with hot, soapy water.
- Wipe down the microwave inside and out.
- If you need to deodorize it, you can wipe down the microwave inside with some white vinegar or lemon juice.

**Dishwasher:**

- Empty and clean the food trap
- Run cleaning cycle with vinegar or dishwasher cleaner
- Wipe exterior and door seal

**Other Small Appliances:**

- Wipe down the toaster, blender, coffee maker, etc.
- Clean under and behind small appliances

**Sink & Countertops**

- Clean and wipe down all the countertops
- Deep clean the sink with baking soda or cleaner
- Clean the faucet and handles (remove limescale if needed)
- Empty and sanitize drain and garbage disposal

### **Pantry & Food Storage**

- Remove all items from the pantry
- Discard expired/spoiled food
- Wipe down the shelves and containers
- Use airtight containers for dry goods (I'm a big fan of mason jars!)
- Reorganize and label items

### **Windows & Window Treatments**

- Clean window glass inside and out (if accessible)
- Wipe down the sills and tracks
- Dust or launder curtains/blinds

### **Trash & Recycling**

- Wash and disinfect inside/outside of trash/recycling bins
- Replace liners
- Clean and sanitize trash area floor and wall

### **Floors**

- Sweep thoroughly under appliances and furniture
- Mop the floor (use appropriate cleaner for tile, wood, laminate, etc.)
- Scrub grout if it is tiled
- don't forget to clean the floor edges and corners

**Bonus: Safety & Maintenance Check**

- Check fire extinguisher expiration date
- Replace old sponges, dishcloths, and scrub brushes
- Check for leaks under sink
- Test smoke and carbon monoxide detectors