

Kitchen Cleaning Checklist

Everything the kitchen needs, split by how often. Tick the daily list every day; work down as the weeks pass.

DAILY

- ☐ Wipe counters & stovetop
- ☐ Wash or load dishes
- ☐ Clean the sink
- ☐ Wipe spills in the fridge
- ☐ Sweep the floor
- ☐ Empty food scraps

WEEKLY

- ☐ Mop the floor
- ☐ Wipe cabinet fronts
- ☐ Clean the microwave
- ☐ Disinfect bins & handles
- ☐ Wipe small appliances
- ☐ Clean the sponge holder

MONTHLY

- ☐ Clean the oven
- ☐ Descale kettle & coffee machine
- ☐ Clean fridge inside & coils
- ☐ Degrease range hood filter
- ☐ Wipe cabinet interiors
- ☐ Clean behind appliances