



Kitchen Cleaning Checklist

Professional Cleaning Tips

- Open the windows to create an oxygen-rich fresh air flow
- Do a quick walk-through and declutter
- Start high and work down whenever you can
- Use a face mask to keep dust out of your lungs

Daily (Long List but Quick Tasks)

- ☐ Clear cobwebs
- ☐ Wipe down easy-reach walls & cabinets
- ☐ Clean surfaces of small appliances
- ☐ Sanitize countertops & kitchen table
- ☐ Wash dishes
- ☐ Clean sink & faucets
- ☐ Wipe down large appliances
- ☐ Disinfect handles, knobs, & frequently touched surfaces
- ☐ Check pest traps
- ☐ Shake throw rugs & mats
- ☐ Sweep floor; wash pet bowls & provide fresh water
- ☐ Empty trash & replace bag

Weekly

- ☐ Do daily tasks more thoroughly
- ☐ Launder dishcloths & towels
- ☐ Clean inside small appliances
- ☐ Wipe cabinet doors inside
- ☐ Degrease stove hood
- ☐ Clean interior of refrigerator & discard old food
- ☐ Sanitize dining room chairs
- ☐ Sweep & mop floor

Monthly

- ☐ Wash curtains, throw rugs, & floor mats
- ☐ Use long-handled duster on blinds & wash windows
- ☐ Clean inside food storage areas, discarding expired foods
- ☐ Clean inside cabinets and drawers where cookware, dishes, & flatware are kept
- ☐ Reorganize while cleaning & remove unused items for donation
- ☐ Scrub floor corners & baseboards

Quarterly

- ☐ Clean air vents & change HVAC filter
- ☐ Wash walls with long-handled scrubber
- ☐ Wash blinds
- ☐ Clean inside, behind, & under oven
- ☐ Clean behind & under fridge; clean out freezer
- ☐ Clean sink drain, disposal, & under sink
- ☐ Do laundry room

Kitchen Deep Cleaning Checklist

- ☐ Wash ceiling corners
- ☐ Scrub crown molding
- ☐ Wash ceiling light fixtures & fans
- ☐ Clean behind wall art & hanging decor
- ☐ Wash indoor/outdoor window frames & tracks
- ☐ Wipe door frames & tops of doors
- ☐ Did you scrub behind, under, & inside the fridge & oven yet? Do it now!
- ☐ Scrub entrance/exit doorway baseboards & floors
- ☐ Change smoke alarm & carbon monoxide alarm batteries



(424) 364-2551



1942 Overland Ave,
Los Angeles, CA 90025

Got questions? Contact us and see how we can help: maidthis.com