

KITCHEN

Deep Cleaning

CHECKLIST



DATE: _____

DAY 1: DEEP CLEAN STORAGE AREAS		<input checked="" type="checkbox"/>
PANTRY		<input type="checkbox"/>
Remove everything from the pantry		<input type="checkbox"/>
Declutter and get rid of expired or unwanted items		<input type="checkbox"/>
Wipe down shelves		<input type="checkbox"/>
Clean organisers and containers		<input type="checkbox"/>
Replace shelf liners (optional)		<input type="checkbox"/>
Organise your pantry		<input type="checkbox"/>
		<input type="checkbox"/>
KITCHEN CABINETS		<input type="checkbox"/>
Empty the cabinets		<input type="checkbox"/>
Sort through items		<input type="checkbox"/>
Vacuum		<input type="checkbox"/>
Wash or replace drawer liners		<input type="checkbox"/>
Clean the drawer		<input type="checkbox"/>
Reorganise		<input type="checkbox"/>
Clean handles		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>

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DAY 2: DEEP CLEAN APPLIANCES		<input checked="" type="checkbox"/>
HOB/ STOVE		<input type="checkbox"/>
Remove the grates and burner rings and caps and soak in soda crystals		<input type="checkbox"/>
Scrape off any set stains with an oven scraper		<input type="checkbox"/>
Spray a degreaser in the 'burn circles'		<input type="checkbox"/>
Remove the knobs and clean		<input type="checkbox"/>
Spray your favourite surface cleaner and wipe clean		<input type="checkbox"/>
Scrub soaked grates and caps		<input type="checkbox"/>
Clean burner rings with steel wool		<input type="checkbox"/>
Dry and replace		<input type="checkbox"/>
		<input type="checkbox"/>
EXTRACTOR/ RANGE HOOD		<input type="checkbox"/>
Remove filters		<input type="checkbox"/>
Soak the filters or put in dishwasher		<input type="checkbox"/>
Spray degreaser and clean		<input type="checkbox"/>
Wipe with damp cloth and replace		<input type="checkbox"/>
		<input type="checkbox"/>
OVEN		<input type="checkbox"/>
Remove the oven racks and any trays		<input type="checkbox"/>
Scrub the walls of the oven and wipe with damp cloth		<input type="checkbox"/>
Remove the glass and clean all sides		<input type="checkbox"/>
Wash the oven racks and trays and dry		<input type="checkbox"/>

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DISHWASHER		<input type="checkbox"/>
Empty the dishwasher		<input type="checkbox"/>
Clean dishwasher filter		<input type="checkbox"/>
Clean spray arm and use toothpick to check for blockage		<input type="checkbox"/>
Top up the salt and rinse aid		<input type="checkbox"/>
Wipe the sides and clean rubber seal		<input type="checkbox"/>
Use dishwasher cleaner of choice and run on a hot water cycle		<input type="checkbox"/>
		<input type="checkbox"/>
FRIDGE		<input type="checkbox"/>
Turn off refrigerator and empty the content on your kitchen counter		<input type="checkbox"/>
Remove all the shelves and drawers and wash		<input type="checkbox"/>
Wipe down the inside of the refrigerator		<input type="checkbox"/>
Clean the door gasket		<input type="checkbox"/>
Vacuum the refrigerator coils located at the back		<input type="checkbox"/>
Replace drawers and shelves, plug it back in and restock with food		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>

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DAY 2: DEEP CLEAN APPLIANCES		<input checked="" type="checkbox"/>
WASHING MACHINE		<input type="checkbox"/>
Remove the soap dispenser and clean thoroughly		<input type="checkbox"/>
Clean soap dispenser gap		<input type="checkbox"/>
Open the rubber seal and clean		<input type="checkbox"/>
Remove hard water stains from inner glass door		<input type="checkbox"/>
Check the filter and drain the water into a container		<input type="checkbox"/>
Run a hot water cycle with washing machine cleaner or white vinegar		<input type="checkbox"/>
Leave the washing machine door open to allow it to air dry completely		<input type="checkbox"/>
		<input type="checkbox"/>
MICROWAVE		<input type="checkbox"/>
Fill a mug 3/4 of the way with water and white vinegar		<input type="checkbox"/>
Run on high power for 5 minutes		<input type="checkbox"/>
Remove the mug and wipe down the inside of the microwave with a damp cloth		<input type="checkbox"/>
If your microwave has a turntable, remove that and wash in warm soapy water		<input type="checkbox"/>
Use a baking soda paste to scrub any stubborn stains		<input type="checkbox"/>
Clean the top of the microwave		<input type="checkbox"/>
Dry with a dry microfibre cloth		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>

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DAY 3: DEEP CLEAN SURFACES		<input checked="" type="checkbox"/>
COUNTERS & BACKSPLASH		<input type="checkbox"/>
Clear the kitchen counters completely		<input type="checkbox"/>
Remove any set stains or hard water stains		<input type="checkbox"/>
Use a brush and spray to remove any stains from grout lines on backsplash if any		<input type="checkbox"/>
Wipe down with an all purpose spray		<input type="checkbox"/>
		<input type="checkbox"/>
SINK		<input type="checkbox"/>
Clear the sink of any dishes		<input type="checkbox"/>
Treat any stains		<input type="checkbox"/>
Use vinegar or limescale remover around tap/faucet and areerator		<input type="checkbox"/>
Unscrew drain cover and clean inside		<input type="checkbox"/>
Wash and rinse sink thoroughly		<input type="checkbox"/>
Clean garbage disposal (if you have one)		<input type="checkbox"/>
Treat with a drain unblocker or soda crystals and boiling water		<input type="checkbox"/>
Wipe with a clean dry cloth		<input type="checkbox"/>
		<input type="checkbox"/>
FLOORS		<input type="checkbox"/>
Pick up any loose items from the kitchen floor		<input type="checkbox"/>
Sweep or vacuum the entire floor		<input type="checkbox"/>
Mop the floor		<input type="checkbox"/>
		<input type="checkbox"/>

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DAY 4: OTHER AREAS		<input checked="" type="checkbox"/>
WINDOWS		<input type="checkbox"/>
Clean blinds or curtains		<input type="checkbox"/>
Clean window		<input type="checkbox"/>
Clean the window sills and frames		<input type="checkbox"/>
		<input type="checkbox"/>
RUBBISH BIN/ TRASH CAN		<input type="checkbox"/>
Empty the bin		<input type="checkbox"/>
Take outside and hose down		<input type="checkbox"/>
Scrub with dish soap but pay attention to the rim and lid		<input type="checkbox"/>
Leave out to dry or wipe to dry		<input type="checkbox"/>
Double line the bin and pour bin powder to absorb unpleasant odours		<input type="checkbox"/>
		<input type="checkbox"/>
MISC		<input type="checkbox"/>
Spray disinfectant spray or use to wipe down door handles and knobs		<input type="checkbox"/>
Wash your oven mittens and dish cloths		<input type="checkbox"/>
Wipe down any chair/ furniture		<input type="checkbox"/>
Clean light fixtures and switches		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>