

Kitchen Cleaning Checklist



SPEED CLEANING CHECKLIST

- ☐ Declutter benchtops, shelves, and other exposed surfaces
- ☐ Put dirty dishes, pans, and other cookware in the dishwasher
- ☐ Spot-clean appliance exteriors and cabinet doors
- ☐ Wipe the stovetop and backsplash
- ☐ Give the sink a quick wash with soap and water
- ☐ Toss out any trash and empty the rubbish bins
- ☐ Wipe benchtops with a multi-purpose cleaner and soft cloth
- ☐ Sweep or vacuum the floor

DAILY KITCHEN CLEANING

- ☐ Tackle spills and messes ASAP with a cloth or paper towels
- ☐ Wash dirty dishes or load the dishwasher
- ☐ Spot-clean appliances by wiping the exterior with a damp cloth
- ☐ Remove clutter from benchtops and shelves
- ☐ Wash the sink at the end of the day with hot, soapy water
- ☐ Wipe down benchtops and other kitchen surfaces with an all-purpose cleaner
- ☐ Empty the rubbish bin to prevent pests or mould growth
- ☐ Vacuum or sweep at least once a day (more often if you have pets)

WEEKLY KITCHEN CLEANING

- ☐ Wash the dishwasher filter
- ☐ Clean small appliances like the air fryer, coffee maker, microwave, and toaster
- ☐ Thoroughly clean the sink and drain
- ☐ Clean the stovetop and grates (if applicable)
- ☐ Clean the backsplash
- ☐ Wipe the kitchen cabinets, including the handles
- ☐ Disinfect the rubbish bins
- ☐ Dust and wipe kitchen surfaces, including light fixtures, benchtops, and windows
- ☐ Wash or mop the kitchen floor

DEEP CLEANING THE KITCHEN

EVERY 1-2 MONTHS:

- ☐ Clean the backsplash
- ☐ Scrub floor tiles and grout
- ☐ Descale the kettle and filter

EVERY 3-4 MONTHS:

- ☐ Deep clean the fridge and freezer
- ☐ Declutter cabinets and drawers

EVERY 3-6 MONTHS

- ☐ Deep clean the oven
- ☐ Clean the rangehood and filter
- ☐ Clean the exhaust fan

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