



KITCHEN

Cleaning Checklist



DAILY TASKS	M	T	W	T	F	S	S
Clear and wipe surfaces after meals							
Do the washing up or load the dishwasher							
Sweep or spot-clean the floor							
Empty the bins when full							

WEEKLY TASKS	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Clean the hob and oven (wipe spills, degrease)				
Wipe down cupboards and appliances (fridge, microwave, toaster)				
Scrub the sink and freshen the drain				
Wash tea towels and disinfect sponges				
Polish stainless steel surfaces (fridge, sink, oven)				
Clean glass surfaces (oven door, glass cabinets)				

DEEP CLEANING TASKS	1-2 MONTHS
Clean out the fridge and freezer (wipe shelves, discard expired food, defrost if needed)	
Deep clean the extractor fan and splashback (remove filters, soak in soapy water, wipe down)	
Wash the bin	
Disinfect handles, cupboard knobs, and light switches	
Vacuum or mop under kitchen furniture (table, chairs, islands if applicable)	
Organise and declutter kitchen cupboards and drawers (check for expired food, rearrange)	
Descale the kettle and coffee machine	
Wash or replace sponges, dishcloths, and drying mats	