

Kitchen Cleaning Checklist

Daily, weekly and monthly kitchen jobs on one sheet.

MONTH

HOUSEHOLD

EVERY DAY

- ☐ Wash up or load the dishwasher
- ☐ Wipe worktops and the table
- ☐ Wipe the hob
- ☐ Sweep the floor
- ☐ Take out food waste
- ☐ Fresh cloth or sponge out
- ☐ _____
- ☐ _____

EVERY WEEK

- ☐ Mop the floor
- ☐ Clean the sink and taps properly
- ☐ Wipe cupboard fronts and handles
- ☐ Wipe out the microwave
- ☐ Clean the bin
- ☐ Wipe the fridge door and seals
- ☐ _____
- ☐ _____

EVERY MONTH

- ☐ Clean the oven
- ☐ Degrease the extractor filter
- ☐ Clear out the fridge completely
- ☐ Descale the kettle
- ☐ Run a hot empty dishwasher cycle
- ☐ Wipe inside cupboards
- ☐ _____
- ☐ _____

TWICE A YEAR

- ☐ Defrost the freezer
- ☐ Pull out appliances and clean behind
- ☐ Sort and bin out-of-date store cupboard items
- ☐ Wash or replace the extractor filter
- ☐ _____
- ☐ _____

Change the dishcloth daily and the washing-up sponge weekly. Everything else on this list matters less than that one habit.