

KITCHEN DAY CLEANING GUIDE

The kitchen is the “Haven of the Home”, and a clean and organized kitchen is essential for a healthy home environment (and a mama’s kitchen peace). I’ve found that one or two kitchen days a month can go a long way in maintaining kitchen harmony. Here’s a comprehensive guide to help you tackle your kitchen cleaning tasks efficiently.

KITCHEN LAUNDRY

- **Wash Towels & Rags:** Start by gathering all kitchen towels and rags. Wash them thoroughly to ensure they are fresh and ready for use.

TRASH MANAGEMENT

- **Take Out Trash:** Empty all trash bins in the kitchen and wash out the trash can. Tip! Place your favorite essential oils on a paper towel, and put this in the bottom of your trash can to keep odors at bay!

DEEP CLEANING TASKS

- **Clean Refrigerator:** Remove all items from the fridge. Wipe down shelves, drawers, and door compartments with a mild cleaning solution. Ensure you place items back in an organized manner that makes sense for your family.
- **Clean Microwave:** Place a bowl of water and lemon slices inside and microwave it for a few minutes. This will loosen grime and make it easier to wipe clean.
- **Clean Oven & Range Hood:** Use an appropriate oven cleaner to remove baked-on grease. For the range hood, focus on degreasing the filter and exterior surfaces.
- **Clean Toaster Oven:** Unplug and carefully clean the interior and exterior surfaces with a damp cloth.
- **Clean the dishwasher:** If there are any filters that need to be washed, wash them. Tip! I use citric acid to wash my dishwasher as this is the main ingredient in dishwasher cleaners. You can use a couple of tablespoons or more, and this works to descale any mineral buildup. After the citric acid wash, do a regular wash with your dishwasher detergent.

ORGANIZATION AND TIDYING

- **Pantry:** Sort through pantry items, checking expiration dates. Organize the shelves for easy access to frequently used ingredients.
- **Tidy Drawers:** Empty each drawer, clean the interior, and reorganize utensils and tools.
- **Refill Canisters and Bins:** Ensure dry goods like flour, sugar, and cereal are topped off and neatly stored.
- **Take Inventory:** Be sure to start a grocery list with items you are running low on.

- **Organize Containers:** Match lids to containers and discard any that are damaged or missing parts.
- **Light Declutter:** A deep decluttering usually takes time, as you dig into all the drawers and cupboards, but if you don't have time for this, you can do a simple light declutter as you are moving about your kitchen. Are there items you no longer need or use? Or maybe they are only items you use once a year? Perhaps those should go into storage. Tip! If you are not sure about some items, simply slip them into storage for a few months. If you never think of them again, chances are you don't need them.

SURFACE CLEANING

- **Spot Clean Cabinets:** Use a damp cloth to wipe away fingerprints and stains from cabinet doors.
- **Windows in Kitchen:** Clean the glass and window sills for a streak-free shine.
- **Wash Front & Handle of Fridge:** Use a disinfectant to clean the fridge's exterior, focusing on the handle.
- **Disinfect Counters and Backsplash:** Use a suitable disinfectant to wipe down all countertops, ensuring a germ-free surface for food preparation. Tip! I like to use hydrogen peroxide, however, it isn't safe for all surfaces, like stone or granite.
- **Clean Floors:** Sweep the floors, vacuum in crevices, and mop.
- **Sink:** Deep clean and sanitize the kitchen sink.
- **Clean Items on Counters:** Wash down appliances and wipe down items you like to leave on the counters.

DUSTING AND PLANT CARE

- **Dust & Tidy Shelves:** Remove items from shelves and dust thoroughly. Rearrange items neatly.
- **Plant Care:** Water kitchen plants and remove any dead leaves to keep them healthy.

CUTTING BOARDS AND BUTCHER BLOCK

- **Disinfect & Treat Cutting Boards & Butcher Block:** Use a vinegar solution or hydrogen peroxide to disinfect. Apply mineral oil to condition wooden surfaces.