Kept Shiny

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Kitchen Deep Cleaning Checklist

30 tasks across 5 zones take about 5 h 27 min total, with no zone past 1 h 10 min. Start with the refrigerator and freezer, emptying contents first.

Refrigerator and freezer — 52 min

- [ ] **Empty and sort contents** — 10 min
  Remove everything, check expiration dates, and discard anything spoiled or unidentifiable.
- [ ] **Remove shelves and drawers** — 5 min
  Take out removable shelves and bins and set them on a towel near the sink.
- [ ] **Wash shelves and drawers** — 15 min
  Wash them in warm water with a few drops of dish soap, then dry with a clean towel.
  > Let glass shelves reach room temperature before washing to avoid cracking from sudden temperature change.
- [ ] **Wipe interior walls** — 10 min
  Wipe the interior with a cloth dampened in warm water and dish soap, then rinse with a clean damp cloth.
- [ ] **Deodorize with baking soda** — 2 min
  Leave an open box of baking soda on a shelf to absorb lingering odors.
- [ ] **Clean door gaskets** — 10 min
  Scrub the rubber seals with a soft brush and warm soapy water to remove trapped grime.

Oven, stovetop, and range hood — 1 h 10

- [ ] **Remove oven racks** — 5 min
  Take out the racks and soak them in warm water with dish soap while you clean the oven interior.
- [ ] **Apply oven cleaner or paste** — 5 min
  Spread a paste of baking soda and water over the oven interior and let it sit for several hours or overnight.
  > Avoid getting the paste on heating elements.
- [ ] **Wipe out oven residue** — 20 min
  Wipe the paste away with a damp cloth, then spray with vinegar to help lift remaining residue before a final wipe.
- [ ] **Scrub soaked racks** — 10 min
  Scrub the soaked racks with a brush, then rinse and dry thoroughly before returning them.
- [ ] **Clean stovetop burners and grates** — 15 min
  Soak removable grates and knobs in warm soapy water, then scrub with a brush.
- [ ] **Wash range hood filter** — 15 min
  Wash the metal filter in hot water with dish soap to dissolve grease buildup, then let it air dry.

Counters, cabinets, and backsplash — 1 h 10

- [ ] **Clear and dust surfaces** — 5 min
  Remove all items from counters and dust crumbs and debris into the trash.
- [ ] **Clean countertops** — 10 min
  Wipe laminate or tile counters with vinegar diluted in water; for marble or granite, use a pH-neutral cleaner instead.
  > Never use vinegar or lemon juice on natural stone, since acids can etch the surface.
- [ ] **Wipe cabinet exteriors** — 15 min
  Wipe cabinet fronts and handles with warm water and a small amount of dish soap on a soft cloth.
- [ ] **Clean cabinet interiors** — 20 min
  Remove items shelf by shelf, wipe with a damp soapy cloth, and let dry before replacing contents.
- [ ] **Scrub backsplash grout** — 15 min
  Scrub tile grout with a baking soda paste and a toothbrush to lift stains.
- [ ] **Polish tile and glass surfaces** — 5 min
  Finish glass or tile backsplash areas with a vinegar and water solution for a streak-free shine.

Floor and final touches — 1 h 10

- [ ] **Sweep or vacuum the floor** — 10 min
  Sweep or vacuum to remove crumbs and dust before washing the floor.
- [ ] **Mop tile or vinyl floors** — 15 min
  Mop with warm water and a small amount of dish soap, rinsing the mop head often.
- [ ] **Clean baseboards** — 10 min
  Wipe baseboards with a damp cloth and a little dish soap to remove dust and grime.
- [ ] **Wipe light switches and handles** — 10 min
  Wipe switches, cabinet handles, and door handles with a cloth dampened in soapy water.
- [ ] **Disinfect trash and recycling bins** — 15 min
  Rinse bins with water, then wipe with a diluted bleach solution of one tablespoon bleach per gallon of water, followed by a rinse.
  > Only dilute bleach in plain water, never mix it with other cleaning products, and rinse the bin afterward.
- [ ] **Final walkthrough** — 10 min
  Walk through the kitchen to replace items, check for missed spots, and air out the room.

Sink, faucet, and small appliances — 1 h 5

- [ ] **Scrub the sink basin** — 10 min
  Scrub the basin with baking soda and a damp sponge to remove stains and buildup.
- [ ] **Descale the faucet** — 20 min
  Wrap the faucet head in a cloth soaked with vinegar for fifteen minutes to dissolve limescale, then rinse and wipe dry.
- [ ] **Clean the garbage disposal** — 5 min
  Run cold water with a few ice cubes and a small amount of dish soap through the disposal to clean the blades.
- [ ] **Sanitize sponges and dish rack** — 10 min
  Wash the dish rack in soapy water and run sponges through a dishwasher cycle or replace them.
- [ ] **Clean the microwave** — 10 min
  Heat a bowl of water with vinegar for several minutes to loosen splatters, then wipe the interior clean.
- [ ] **Wipe small appliances** — 10 min
  Wipe toasters, coffee makers, and blenders with a damp soapy cloth, then dry.