

KITCHEN CLEANING SCHEDULE

How to be a better owner

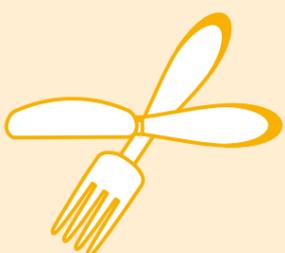


DAILY

- Empty the dishwasher and dish drainer, as necessary
 - Wash dirty dishes as they happen
 - Wipe spills from counters, floors, and appliances
 - Clean counters
 - Sweep floor
 - Run the dishwasher, as necessary
 - Wash out the sink
- Set out a clean rag for the next day

WEEKLY

- Sort through leftover items in the fridge
 - Clean outside of appliances
 - Clean inside the microwave
 - Thoroughly disinfect the sink and clean faucets
 - Sanitize sponges
 - Mop floors
- Replace dish towels with clean ones



MONTHLY

- Inventory pantry items to see what's outdated and what needs to be restocked
 - Take inventory of freezer items that need to be tossed, eaten soon, or restocked
 - Clean out the refrigerator and wipe down shelves and drawers
 - Clean inside of the dishwasher if necessary
 - Clean the dish drainer drip pan
- Spot-clean tile grout

QUARTERLY

- Clean refrigerator coils (unplug your fridge first)
 - Clean under the refrigerator
 - Clean the oven
 - Sort through and organize cooking tools, like utensils and pans; declutter duplicates and anything you haven't used
 - Take inventory of spices and supplements; toss ones that are too old, and take note of what needs replenishing
- Look at all your dishware and repair or repurpose anything that's chipped

