

## Spring Cleaning in the Kitchen

⇒ Clean all cabinets

- Scrub doors and hardware
- Remove items and wipe down the cabinets inside
- Dust the tops of the cabinets if they are exposed (use windex or vinegar/water)

⇒ Clean the microwave, inside and out

⇒ Clean the stovetop and oven (self-cleaning if you have it)

⇒ Clean the fridge and freezer inside and out

- Dispose of old/out of date food from fridge and freezer or make plans to use up !  
food that is getting close to its date
- Take out all food and wipe down shelves and inside walls
- Remove bins and drawers and wash with warm, soapy water
- Vacuum underneath the fridge
- Dust the top

⇒ Clean the pantry

- Remove expired items
- Wipe down all shelves
- Organize remaining food and place it neatly back in pantry

⇒ Wipe down countertops and all items stored on them

⇒ Wipe down the entire backsplash

⇒ Clean the sink & faucet, let some bleach-water soak in the sink to remove food residue

⇒ Clean the toaster, dispose of crumbs in tray and wipe it down

⇒ Wipe down the window sills and clean the windows

⇒ Dust light fixtures

⇒ Vacuum floors and do a thorough washing by hand

⇒ Wash walls and baseboards