

## CLEAN

- REMOVE ITEMS THAT DON'T BELONG IN THE KITCHEN
- CLEAR & CLEAN THE COUNTERTOPS
- WIPE DOWN YOUR BACKSPLASH
- CLEAN STOVE TOP AND BURNERS
- CLEAN THE HOOD VENT
- CLEAN AND ORGANIZE THE REFRIGERATOR
- CLEAN AND ORGANIZE THE FREEZER
- DEEP CLEAN YOUR OVEN
- DEEP CLEAN YOUR DISHWASHER
- DEEP CLEAN YOUR SINKS
- DEEP CLEAN YOUR GARBAGE DISPOSAL
- VACUUM REFRIGERATOR COILS
- DISINFECT YOUR TRASHCAN
- CLEAN OUT AND ORGANIZE YOUR CABINETS (DON'T FORGET UNDER THE SINK)
- CLEAN OUT AND ORGANIZE YOUR DRAWERS
- CLEAN AND ORGANIZE THE PANTRY
- CLEAN AND ORGANIZE HERBS AND SPICE RACKS
- CLEAN AND DISINFECT DRYING RACKS
- CLEAN SMALL APPLIANCES (COFFEE MACHINE, BLENDER, TOASTER...)
- CLEAN AND POLISH CABINETS
- DEEP CLEAN FLOORS
- DEEP CLEAN POTS, PANS, COOKIE SHEETS, AND BAKEWARE
- SANITIZE CUTTING BOARDS
- CLEAN WINDOWS, AND WINDOW-SILL
- WASH/DRY CLEAN WINDOW TREATMENTS
- DISINFECT ALL DOOR AND CABINETS KNOBS AND PULLS
- DISINFECT LIGHT SWITCHES
- CLEAN LIGHT FIXTURES
- CLEAN AIR VENTS
- WASH RUGS, AND RUNNERS
- CLEAN TABLE LINENS
- CLEAN SEATING AND CUSHIONS
- DISINFECT TABLES AND LEGS
- RE-FILL SOAP PUMPS
- DEEP CLEAN MICROWAVE

## REPAIR/REPLACE

- CHANGE THE HOOD VENT FILTER
- REPLACE YOUR WATER FILTERS
- TIGHTEN CABINET KNOBS AND PULLS
- ADJUST CABINET DOOR HINGES
- BURNT OUT LIGHT BULBS
- RE-SEAL TILE & GROUT
- RE-SEAL COUNTERTOPS

## PURGE

- EXPIRED FOOD & MEDICINE
- OLD UTENSILS, PLATES, BOWLS AND CUPS
- PLASTIC CONTAINERS
- UN-USED SMALL APPLIANCES
- THROW OUT WORN DISH TOWELS OR RECYCLE THEM FOR CLEANING USE
- ADD NEW NEEDED KITCHEN SUPPLIES TO YOUR SHOPPING LIST

