



# Spring Cleaning Checklist

## Kitchen

### De-clutter

- ☒ Toss expired food from refrigerator and pantry
- ☐ Toss expired spices and herbs
- ☐ Toss old containers that are stained or missing lids
- ☐ Toss chipped or cracked plates and glassware

### Quick tip:

Dusting refrigerator coils removes most of the dust that's collected under the refrigerator. Make sure to turn off the power and clean coils with a brush or vacuum.

### Clean

- ☐ Remove food from refrigerator and wipe down with disinfectant
- ☐ Wipe down all doors and handles
- ☐ Deep clean kitchen appliances including the stove, oven, microwave, refrigerator, etc.
- ☐ Wash inside and outside of garbage can and recycling bins

### Dust

- ☐ Counter tops
- ☐ Cabinet shelves
- ☐ Stove vents
- ☐ Refrigerator coils

### Update

- ☐ Change out cabinet lining if torn or worn
- ☐ Replace storage containers with missing lids
- ☐ Replace worn kitchen towels
- ☐ Update kitchen décor by painting room in a bright color using semi-gloss paint

#### Notes: