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