

# Spring Cleaning Checklist – Kitchen

## ➤ **CEILING**

- Use a sock on the end of a broom handle and wipe where the walls meet the ceiling.
- Wipe down ceiling fan blades and fixture.
- Remove light globes and wash them out.

## ➤ **WINDOWS**

- Remove draperies. Wash, iron and hang (if you can). If they are dry clean only, allow to air outside.
- Wash the windows with hot soapy water. Make sure to clean the inside sills.
- Wash the screens (if your window does not tilt inward, can do this when clean outside).

## ➤ **CABINETS / DRAWERS**

- Take all items of the drawers. Dust or vacuum them out.
- Donate the items you will not use.
- Toss out items which are cracked, broken or missing parts.
- Check for expiration dates on spices and other items and toss as necessary.
- Wipe down the inside of the cabinets and drawers.
- Put items back – making sure to put seasonal items or those you do not use frequently towards the back and those you use more often towards the front.
- Scrub the outside of the cabinets and drawers including hinges and knobs.

## ➤ **PANTRY**

- Remove all items.
- Wipe down shelves and walls.
- Check for expiration dates, stale items, empty boxes, etc. and toss.
- Set aside items you will not use (which are not opened nor expired) and donate.
- Put everything back. Make sure to group like items (i.e. cereal, canned foods, etc). Also keep the items most recently purchased, or with the oldest expiration dates towards the back.
- Wipe down the door, hinges and knob.

## ➤ **DISHWASHER**

- Remove racks.
- Scrub entirely, including sides, seals and inside of the door.
- Put the racks back in.
- Clean exterior and polish as needed.

**➤ REFRIGERATOR / FREEZER**

- Take out items.
- Discard items which are expired, moldy, etc.
- Empty ice bin and clean thoroughly.
- Scrub shelves, drawers and seals.
- Pull from the wall and clean behind and beneath (if possible).
- If you have a bottom grill, remove and clean off all dust and debris. Replace cover.
- Put items back in, making sure to put the newest items to the back and older items to the front.
- Place fresh baking soda boxes into both.
- Clean exterior, including water dispenser, top and side. Polish as necessary.

**➤ OVEN / MICROWAVE**

- If self-cleaning, run mode late at night.
- If not self-cleaning, use cleaners to clean stains and racks.
- Remove tray from the microwave and wash. Clean the inside.
- Remove knobs and wash (can be helpful to allow to soak to remove residue).
- If you have drip pans, remove them and wash (make sure to clean under them).
- Remove the screens from your range hood or vent and clean (may need to soak as well).
- Wipe down the back of the stove and stove top and put the knobs back on.
- Pull stove out and clean beneath, the sides of the stove and cabinet walls.
- Wipe down range hood and return filters.
- Wipe down outside of microwave.
- Clean exterior as needed (polish if necessary).

**➤ GENERAL ROOM CLEANING**

- Remove all clutter.
- Wipe down all countertops and backsplash.
- Wipe down the walls and baseboards (test to ensure paint will not be ruined before doing this).
- Check walls, doors and trim for chips, cracks and nicks. Patch and touch up as needed.
- Remove all ducts/air return vents and wash them. Vacuum inside as far as you can reach.
- Wash light switch and door knobs.
- Wipe down all doors, knobs and hinges.
- Scrub and polish the sink (as needed).
- Launder all rugs and towels.
- Vacuum/Sweep the entire room.
- Scrub Floor (mop or hand wash).

# Spring Cleaning Checklist - Bedroom

## ➤ **CELINGS**

- Use a sock on the end of a broom handle and wipe where the walls meet the ceiling.
- Wipe down ceiling fan blades and fixture.
- Remove light globes and wash them out.

## ➤ **WINDOWS**

- Remove draperies. Wash, iron and hang (if you can). If they are dry clean only, allow to air outside.
- Wash the windows with hot soapy water. Make sure to clean the inside sills.
- Wash the screens (if your window does not tilt inward, can do this when clean outside).

## ➤ **DRAWERS**

- Take all items of the drawers. Dust or vacuum them out.
- Go through all items and discard anything stained or torn.
- Donate the items which no longer fit or you do not want to wear anymore.
- Place the items neatly back into the drawers.

## ➤ **TOY BOX / BIN (if applicable)**

- Take all toys out of each box/bin.
- Go through all items and discard anything broken or missing parts.
- Donate the items which your kids will no longer play with.
- Place the items neatly back (try to place them in different areas as the toys will be new again).

## ➤ **CLOSET**

- Use a sock on the end of a broom handle and wipe where the walls meet the ceiling.
- Take down all items from the shelf and go through them – discard those you no longer need/want.
- Go through your clothes and shoes. Discard the ripped or stained and donate those you no longer want.
- Move your winter items to the back of your closet and move your spring/summer items to where they are easily accessible.
- When hanging up spring/summer clothes, put the hangers backwards (hook towards you). As you wear clothes, hang them back up normally. Then, at the end of the season, you can quickly find the things you no longer wear and can get rid of them.
- Sweep or vacuum the floor, making sure to get along the wall crevices.

**➤ BED**

- Pull out items beneath the bed and go through them as you did with other items.
- Remove all bedding. Launder those items you can including mattress pad, bed skirt, sheets and comforter. If the items are dry clean only or you cannot wash, hang outside to air out for a couple of hours.
- Flip your mattress. Place baking soda on the top for a while and vacuum off (or use Febreze).
- Slide the bed away from the wall and clean along the wall crevice. Sweep or vacuum under the bed and then slide it back into place.

**➤ GENERAL ROOM CLEANING**

- Dust all artwork and wipe down all mirrors.
- Wash the walls (test first to ensure your paint finish will not be ruined by washing).
- Check walls or trim for cracks or chips. Patch and touch up paint.
- Dust all furniture.
- Remove all ducts/air return vents and wash them. Vacuum inside of the opening as far as you can reach.
- Wash the light switch and door knobs.
- Dust off all doors (closet and entry).
- Slide all furniture away from the wall and vacuum/sweep beneath it.
- Vacuum/sweep the entire room.

# Spring Cleaning Checklist – Living / Family Room

## ➤ **CEILING**

- Use a sock on the end of a broom handle and wipe where the walls meet the ceiling.
- Wipe down ceiling fan blades and fixture.
- Remove light globes and wash them out.

## ➤ **WINDOWS**

- Remove draperies. Wash, iron and hang (if you can). If they are dry clean only, allow to air outside.
- Wash the windows with hot soapy water. Make sure to clean the inside sills.
- Wash the screens (if your window does not tilt inward, can do this when clean outside).

## ➤ **TV CABINET / END TABLES / COFFEE TABLE**

- Take all items of the drawers. Dust or vacuum them out.
- Donate the items you will not use.
- Toss out items which are cracked, broken or missing parts..
- Put items back neatly.

## ➤ **TOY BOX / BINS (if applicable)**

- Take out all toys.
- Donate items no longer used.
- Discard items which are broken or missing parts.
- If possible, swap out these toys with some from the playroom/bedroom (keeps it new and fun).
- Put everything back. If possible, put items in new locations to keep it new and fresh for kids.

## ➤ **SOFA / CHAIRS**

- Remove all cushions.
- Vacuum base – using crevice tool to clean along the sides and making sure to clean the tops and outsides.
- Use a warm, damp cloth to wipe off any food or stains from the arms, sides, top and front (use the correct products if you have leather furniture).
- Wipe down throw pillows (can vacuum to remove dust).
- Pull furniture from the wall and vacuum underneath. Make sure to wipe down baseboards too.
- Return cushions (change location so that they don't continue to be flattened from use in the same spot).

➤ **GENERAL ROOM CLEANING**

- Remove all clutter.
- Dust all artwork and wipe down all mirrors.
- Dust lampshades and lamps (may help to vacuum the shade). Spot clean as needed.
- Wipe down all electronics (do not use harsh chemicals). Tuck cords neatly.
- Remove all ducts/air return vents and wash them. Vacuum inside as far as you can reach.
- Dust all furniture.
- Wash light switch and door knobs.
- Wipe down all doors, knobs and hinges.
- Launder, vacuum or shake out any rugs (as applicable).
- Vacuum/Sweep the entire room.
- Scrub Floor (mop or hand wash – as applicable).

# Spring Cleaning Checklist – Bathroom

## ➤ **CEILING / LIGHT FIXTURES**

- Use a sock on the end of a broom handle and wipe where the walls meet the ceiling.
- Wipe down ceiling fan blades and fixture.
- Remove light globes and wash them out.

## ➤ **WINDOWS**

- Remove draperies. Wash, iron and hang (if you can). If they are dry clean only, allow to air outside.
- Wash the windows with hot soapy water. Make sure to clean the inside sills.
- Wash the screens (if your window does not tilt inward, can do this when clean outside).

## ➤ **MEDICINE CABINET / VANITY (includes mirror)**

- Take all items of the drawers and cabinets.
- Discard medicines which are past the expiration date or you no longer need to take. Learn more about how discard them here: <http://www.fda.gov/AboutFDA/Transparency/Basics/ucm213042.htm>.
- Clean hairbrushes, combs, makeup brushes, toothbrushes and other items. You can put these in the dishwasher.
- Scrub the outside of the cabinets and knobs.
- Wipe down the mirror.

## ➤ **TUB / SHOWER**

- Remove shower curtain and wash. You can wash the plastic liner or just replace.
- Scrub down all shelves and holders.
- Use a toothbrush if needed, to get along any sliding tracks or tight spaces. You can also use on grout which is not coming clean.
- Scrub shower walls and/or tub and the floor.
- Wipe fixtures and dry so they are shiny.
- Check caulk for cracks and/or stains. Replace as necessary.
- RegROUT or seal as necessary.

## ➤ **TOILET**

- Remove the toilet seat to clean under the bolts.
- Scrub entire inside and outside of the toilet (make sure to scrub around floor bolts and the base).
- Re-attach toilet seat and clean (I recommend replacing annually rather than cleaning).4

➤ **SINK**

- Scrub the sink and fixtures.
- Wipe dry so fixtures shine.

➤ **GENERAL ROOM CLEANING**

- Dust all artwork.
- Wash the walls (test first to ensure your paint finish will not be ruined by washing).
- Check walls or trim for cracks or chips. Patch and touch up paint.
- Remove all ducts/air return vents and wash them. Vacuum inside of the opening as far as you can reach.
- Wash the light switch and door knobs.
- Dust off all doors.
- Launder any rugs and towels.
- Vacuum/sweep the entire room.
- Scrub floor (mop or hand wash).