Kitchen

CLEANING CHECKLIST

CLEAR FIRST, HIGH TO LOW, FINISH AT THE DOOR

1 CLEAR FIRST

- [ ] Put away what is out on the counters
- [ ] Do the dishes and empty the sink
- [ ] Put what lives elsewhere in the goes-home basket
- [ ] Open a window or run the fan

2 UP HIGH

- [ ] Wipe the fridge top and the cabinet tops
- [ ] Wipe the range hood; dust the light
- [ ] Wipe the upper cabinet doors
- [ ] Wipe the backsplash

3 APPLIANCE FRONTS

- [ ] Clean the microwave, inside and out
- [ ] Wipe the fridge door and its handles
- [ ] Wipe the dishwasher and oven door
- [ ] Wipe the toaster and kettle, outside

4 STOVETOP AND COUNTERS

- [ ] Clean the stovetop
- [ ] Wipe the knobs and the stove front
- [ ] Wipe the counters, far end to the door
- [ ] Wipe the table and chairs

5 SINK AND BINS

- [ ] Scrub the sink and the faucet
- [ ] Put out a fresh dish towel
- [ ] Empty the trash and recycling
- [ ] Put new bags in the bins

6 LOW DOORS AND FLOOR

- [ ] Wipe the lower cabinet doors
- [ ] Shake out the mat
- [ ] Sweep or vacuum, far side first
- [ ] Mop toward the door

GATHER FIRST

- [ ] All-purpose cleaner
- [ ] Microfiber cloths
- [ ] Trash bags
- [ ] Dish soap
- [ ] Non-scratch sponge
- [ ] Broom or vacuum, and a mop

YOUR JOBS

a pantry shelf, the high chair

- [ ] _____
- [ ] _____
- [ ] _____

◆ HOW TO USE

Work the boxes in order: high to low, far side to the door, floor last. Use each cleaner as its label says; never mix two products. Kitchen comes around every fifth week on the Zone rotation.

DONE ON _____ _____ _____

SHORT ON TIME? The 10-minute pass:
put away what's out · stovetop · wipe the counters · sink and faucet · a quick floor

Crumbs fall, so the floor goes last.

ORDERLY WEEK

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Kitchen

CLEANING CHECKLIST

THE FULL CLEAN, OR THE 10-MINUTE PASS ON A SHORT DAY

THE FULL CLEAN *Done on*

1	**Clear first** Put away what is out on the counters · Do the dishes and empty the sink · Put what lives elsewhere in the goes-home basket · Open a window or run the fan	○	○	○
2	**Up high** Wipe the fridge top and the cabinet tops · Wipe the range hood; dust the light · Wipe the upper cabinet doors · Wipe the backsplash	○	○	○
3	**Appliance fronts** Clean the microwave, inside and out · Wipe the fridge door and its handles · Wipe the dishwasher and oven door · Wipe the toaster and kettle, outside	○	○	○
4	**Stovetop and counters** Clean the stovetop · Wipe the knobs and the stove front · Wipe the counters, far end to the door · Wipe the table and chairs	○	○	○
5	**Sink and bins** Scrub the sink and the faucet · Put out a fresh dish towel · Empty the trash and recycling · Put new bags in the bins	○	○	○
6	**Low doors and floor** Wipe the lower cabinet doors · Shake out the mat · Sweep or vacuum, far side first · Mop toward the door	○	○	○

SHORT ON TIME? THE 10-MINUTE PASS

Put away what's out	○	○	○	○	○	○	○	○
Stovetop	○	○	○	○	○	○	○	○
Wipe the counters	○	○	○	○	○	○	○	○
Sink and faucet	○	○	○	○	○	○	○	○
A quick floor	○	○	○	○	○	○	○	○

◆ HOW TO USE

Work the rows in order: high to low, far side to the door, floor last. Use each cleaner as its label says; never mix two products. Kitchen comes around every fifth week on the Zone rotation.

GATHER FIRST

- ☐ All-purpose cleaner
- ☐ Microfiber cloths
- ☐ Trash bags
- ☐ Dish soap
- ☐ Non-scratch sponge
- ☐ Broom or vacuum, and a mop

Crumbs fall, so the floor goes last.

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KITCHEN CLEANING *Checklist*

For Families Who Cook at Home

1 CLEAR FIRST

- ○ Put away what is out on the counters
- ○ Do the dishes and empty the sink
- ○ Put what lives elsewhere in the goes-home basket
- ○ Open a window or run the fan

2 UP HIGH

- ○ Wipe the fridge top and the cabinet tops
- ○ Wipe the range hood; dust the light
- ○ Wipe the upper cabinet doors
- ○ Wipe the backsplash

3 APPLIANCE FRONTS

- ○ Clean the microwave, inside and out
- ○ Wipe the fridge door and its handles
- ○ Wipe the dishwasher and oven door
- ○ Wipe the toaster and kettle, outside

4 STOVETOP AND COUNTERS

- ○ Clean the stovetop
- ○ Wipe the knobs and the stove front
- ○ Wipe the counters, far end to the door
- ○ Wipe the table and chairs

5 SINK AND BINS

- ○ Scrub the sink and the faucet
- ○ Put out a fresh dish towel
- ○ Empty the trash and recycling
- ○ Put new bags in the bins

6 LOW DOORS AND FLOOR

- ○ Wipe the lower cabinet doors
- ○ Shake out the mat
- ○ Sweep or vacuum, far side first
- ○ Mop toward the door

GATHER FIRST

- ○ All-purpose cleaner
- ○ Microfiber cloths
- ○ Trash bags
- ○ Dish soap
- ○ Non-scratch sponge
- ○ Broom or vacuum, and a mop

YOUR JOBS

a pantry shelf, the high chair

- ○ _____
- ○ _____
- ○ _____

HOW TO USE

Work the boxes in order: high to low, far side to the door, floor last. Use each cleaner as its label says; never mix two products. Kitchen comes around every fifth week on the Zone rotation.

DONE ON _____ _____ _____

SHORT ON TIME? The 10-minute pass:
put away what's out · stovetop · wipe the counters · sink and faucet · a quick floor

Crumbs fall, so the floor goes last.

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Kitchen Cleaning Checklist

Clear first, high to low, finish at the door

1 CLEAR FIRST

- [ ] Put away what is out on the counters
- [ ] Do the dishes and empty the sink
- [ ] Put what lives elsewhere in the goes-home basket
- [ ] Open a window or run the fan

2 UP HIGH

- [ ] Wipe the fridge top and the cabinet tops
- [ ] Wipe the range hood; dust the light
- [ ] Wipe the upper cabinet doors
- [ ] Wipe the backsplash

3 APPLIANCE FRONTS

- [ ] Clean the microwave, inside and out
- [ ] Wipe the fridge door and its handles
- [ ] Wipe the dishwasher and oven door
- [ ] Wipe the toaster and kettle, outside

4 STOVETOP AND COUNTERS

- [ ] Clean the stovetop
- [ ] Wipe the knobs and the stove front
- [ ] Wipe the counters, far end to the door
- [ ] Wipe the table and chairs

5 SINK AND BINS

- [ ] Scrub the sink and the faucet
- [ ] Put out a fresh dish towel
- [ ] Empty the trash and recycling
- [ ] Put new bags in the bins

6 LOW DOORS AND FLOOR

- [ ] Wipe the lower cabinet doors
- [ ] Shake out the mat
- [ ] Sweep or vacuum, far side first
- [ ] Mop toward the door

GATHER FIRST

- [ ] All-purpose cleaner
- [ ] Microfiber cloths
- [ ] Trash bags
- [ ] Dish soap
- [ ] Non-scratch sponge
- [ ] Broom or vacuum, and a mop

YOUR JOBS

a pantry shelf, the high chair

- [ ] _____
- [ ] _____
- [ ] _____

HOW TO USE

Work the boxes in order: high to low, far side to the door, floor last. Use each cleaner as its label says; never mix two products. Kitchen comes around every fifth week on the Zone rotation.

DONE ON _____ _____ _____

SHORT ON TIME? **The 10-minute pass:** put away what's out · stovetop · wipe the counters · sink and faucet · a quick floor

Crumbs fall, so the floor goes last.

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Kitchen

CLEANING CHECKLIST

Crumbs fall, so the floor goes last.

Clear first, high to low, finish at the door

1 Clear first



- [ ] Put away what is out on the counters
- [ ] Put what lives elsewhere in the goes-home basket
- [ ] Do the dishes and empty the sink
- [ ] Open a window or run the fan

2 Up high



- [ ] Wipe the fridge top and the cabinet tops
- [ ] Wipe the upper cabinet doors
- [ ] Wipe the range hood; dust the light
- [ ] Wipe the backsplash

3 Appliance fronts



- [ ] Clean the microwave, inside and out
- [ ] Wipe the dishwasher and oven door
- [ ] Wipe the fridge door and its handles
- [ ] Wipe the toaster and kettle, outside

4 Stovetop and counters



- [ ] Clean the stovetop
- [ ] Wipe the counters, far end to the door
- [ ] Wipe the knobs and the stove front
- [ ] Wipe the table and chairs

5 Sink and bins



- [ ] Scrub the sink and the faucet
- [ ] Empty the trash and recycling
- [ ] Put out a fresh dish towel
- [ ] Put new bags in the bins

6 Low doors and floor



- [ ] Wipe the lower cabinet doors
- [ ] Sweep or vacuum, far side first
- [ ] Shake out the mat
- [ ] Mop toward the door

GATHER FIRST



- [ ] All-purpose cleaner
- [ ] Microfiber cloths
- [ ] Trash bags
- [ ] Dish soap
- [ ] Non-scratch sponge
- [ ] Broom or vacuum, and a mop

HOW TO USE

Work the boxes in order: high to low, far side to the door, floor last. Use each cleaner as its label says; never mix two products. Kitchen comes around every fifth week on the Zone rotation.

SHORT ON TIME? The 10-minute pass:
put away what's out · stovetop · wipe the counters · sink and faucet · a quick floor

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Kitchen

CLEANING CHECKLIST

The full clean, or the 10-minute pass on a short day

THE FULL CLEAN *Done on*

1	**Clear first** Put away what is out on the counters · Do the dishes and empty the sink · Put what lives elsewhere in the goes-home basket · Open a window or run the fan	○	○	○
2	**Up high** Wipe the fridge top and the cabinet tops · Wipe the range hood; dust the light · Wipe the upper cabinet doors · Wipe the backsplash	○	○	○
3	**Appliance fronts** Clean the microwave, inside and out · Wipe the fridge door and its handles · Wipe the dishwasher and oven door · Wipe the toaster and kettle, outside	○	○	○
4	**Stovetop and counters** Clean the stovetop · Wipe the knobs and the stove front · Wipe the counters, far end to the door · Wipe the table and chairs	○	○	○
5	**Sink and bins** Scrub the sink and the faucet · Put out a fresh dish towel · Empty the trash and recycling · Put new bags in the bins	○	○	○
6	**Low doors and floor** Wipe the lower cabinet doors · Shake out the mat · Sweep or vacuum, far side first · Mop toward the door	○	○	○

SHORT ON TIME? THE 10-MINUTE PASS

Put away what's out	○	○	○	○	○	○	○	○
Stovetop	○	○	○	○	○	○	○	○
Wipe the counters	○	○	○	○	○	○	○	○
Sink and faucet	○	○	○	○	○	○	○	○
A quick floor	○	○	○	○	○	○	○	○

◆ HOW TO USE

Work the rows in order: high to low, far side to the door, floor last. Use each cleaner as its label says; never mix two products. Kitchen comes around every fifth week on the Zone rotation.

GATHER FIRST

- ☐ All-purpose cleaner
- ☐ Microfiber cloths
- ☐ Trash bags
- ☐ Dish soap
- ☐ Non-scratch sponge
- ☐ Broom or vacuum, and a mop

Crumbs fall, so the floor goes last.

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CLEAR FIRST, HIGH TO LOW, FINISH AT THE DOOR

KITCHEN CLEANING *Checklist*

Fridge Top to Mopped Floor

1 CLEAR FIRST

- Put away what is out on the counters
- Do the dishes and empty the sink
- Put what lives elsewhere in the goes-home basket
- Open a window or run the fan



2 UP HIGH

- Wipe the fridge top and the cabinet tops
- Wipe the range hood; dust the light
- Wipe the upper cabinet doors
- Wipe the backsplash



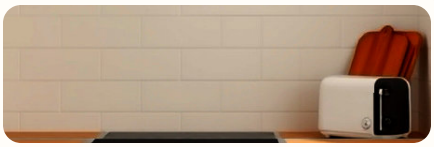
3 APPLIANCE FRONTS

- Clean the microwave, inside and out
- Wipe the fridge door and its handles
- Wipe the dishwasher and oven door
- Wipe the toaster and kettle, outside



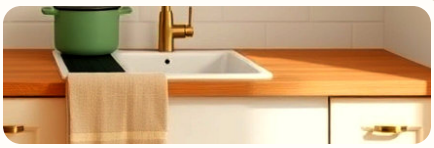
4 STOVETOP AND COUNTERS

- Clean the stovetop
- Wipe the knobs and the stove front
- Wipe the counters, far end to the door
- Wipe the table and chairs



5 SINK AND BINS

- Scrub the sink and the faucet
- Put out a fresh dish towel
- Empty the trash and recycling
- Put new bags in the bins



6 LOW DOORS AND FLOOR

- Wipe the lower cabinet doors
- Shake out the mat
- Sweep or vacuum, far side first
- Mop toward the door



GATHER FIRST

- [ ] All-purpose cleaner
- [ ] Dish soap
- [ ] Microfiber cloths
- [ ] Non-scratch sponge
- [ ] Trash bags
- [ ] Broom or vacuum, and a mop

YOUR JOBS

a pantry shelf, the high chair

- [ ] _____
- [ ] _____
- [ ] _____

◆ HOW TO USE

Work the boxes in order: high to low, far side to the door, floor last. Use each cleaner as its label says; never mix two products. Kitchen comes around every fifth week on the Zone rotation.

DONE ON _____ _____ _____

SHORT ON TIME? **The 10-minute pass:**
put away what's out · stovetop · wipe the counters · sink and faucet · a quick floor

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THE FULL CLEAN, OR THE 10-MINUTE PASS ON A SHORT DAY

KITCHEN
Cleaning Checklist

1 CLEAR FIRST

- [ ] Put away what is out on the counters
- [ ] Do the dishes and empty the sink
- [ ] Put what lives elsewhere in the goes-home basket
- [ ] Open a window or run the fan

2 UP HIGH

- [ ] Wipe the fridge top and the cabinet tops
- [ ] Wipe the range hood; dust the light
- [ ] Wipe the upper cabinet doors
- [ ] Wipe the backsplash

3 APPLIANCE FRONTS

- [ ] Clean the microwave, inside and out
- [ ] Wipe the fridge door and its handles
- [ ] Wipe the dishwasher and oven door
- [ ] Wipe the toaster and kettle, outside

4 STOVETOP AND COUNTERS

- [ ] Clean the stovetop
- [ ] Wipe the knobs and the stove front
- [ ] Wipe the counters, far end to the door
- [ ] Wipe the table and chairs

5 SINK AND BINS

- [ ] Scrub the sink and the faucet
- [ ] Put out a fresh dish towel
- [ ] Empty the trash and recycling
- [ ] Put new bags in the bins

6 LOW DOORS AND FLOOR

- [ ] Wipe the lower cabinet doors
- [ ] Shake out the mat
- [ ] Sweep or vacuum, far side first
- [ ] Mop toward the door

SHORT ON TIME? THE 10-MINUTE PASS

- [ ] Put away what's out
- [ ] Sink and faucet
- [ ] Stovetop
- [ ] A quick floor
- [ ] Wipe the counters

◆ HOW TO USE

Work the rows in order: high to low, far side to the door, floor last. Use each cleaner as its label says; never mix two products. Kitchen comes around every fifth week on the Zone rotation.

GATHER FIRST

- [ ] All-purpose cleaner
- [ ] Microfiber cloths
- [ ] Trash bags
- [ ] Dish soap
- [ ] Non-scratch sponge
- [ ] Broom or vacuum, and a mop

Crumbs fall, so the floor goes last.

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KITCHEN
CLEANING CHECKLIST

Clear first, high to low, finish at the door



1 CLEAR FIRST

- ○ Put away what is out on the counters
- ○ Do the dishes and empty the sink
- ○ Put what lives elsewhere in the goes-home basket
- ○ Open a window or run the fan

2 UP HIGH

- ○ Wipe the fridge top and the cabinet tops
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- ○ Wipe the upper cabinet doors
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- ○ Clean the stovetop
- ○ Wipe the knobs and the stove front
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- ○ Scrub the sink and the faucet
- ○ Put out a fresh dish towel
- ○ Empty the trash and recycling
- ○ Put new bags in the bins

6 LOW DOORS AND FLOOR

- ○ Wipe the lower cabinet doors
- ○ Shake out the mat
- ○ Sweep or vacuum, far side first
- ○ Mop toward the door

GATHER FIRST

- ○ All-purpose cleaner
- ○ Microfiber cloths
- ○ Trash bags
- ○ Dish soap
- ○ Non-scratch sponge
- ○ Broom or vacuum, and a mop

YOUR JOBS

a pantry shelf, the high chair

- ○ _____
- ○ _____
- ○ _____

◆ HOW TO USE

Work the boxes in order: high to low, far side to the door, floor last. Use each cleaner as its label says; never mix two products. Kitchen comes around every fifth week on the Zone rotation.

DONE ON _____ _____ _____

SHORT ON TIME? The 10-minute pass:
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Kitchen
CLEANING CHECKLIST

6 Boxes, 4 Jobs Each

1 CLEAR FIRST

- [ ] Put away what is out on the counters
- [ ] Do the dishes and empty the sink
- [ ] Put what lives elsewhere in the goes-home basket
- [ ] Open a window or run the fan

2 UP HIGH

- [ ] Wipe the fridge top and the cabinet tops
- [ ] Wipe the range hood; dust the light
- [ ] Wipe the upper cabinet doors
- [ ] Wipe the backsplash

3 APPLIANCE FRONTS

- [ ] Clean the microwave, inside and out
- [ ] Wipe the fridge door and its handles
- [ ] Wipe the dishwasher and oven door
- [ ] Wipe the toaster and kettle, outside

4 STOVETOP AND COUNTERS

- [ ] Clean the stovetop
- [ ] Wipe the knobs and the stove front
- [ ] Wipe the counters, far end to the door
- [ ] Wipe the table and chairs

5 SINK AND BINS

- [ ] Scrub the sink and the faucet
- [ ] Put out a fresh dish towel
- [ ] Empty the trash and recycling
- [ ] Put new bags in the bins

6 LOW DOORS AND FLOOR

- [ ] Wipe the lower cabinet doors
- [ ] Shake out the mat
- [ ] Sweep or vacuum, far side first
- [ ] Mop toward the door

GATHER FIRST

- [ ] All-purpose cleaner
- [ ] Microfiber cloths
- [ ] Trash bags
- [ ] Dish soap
- [ ] Non-scratch sponge
- [ ] Broom or vacuum, and a mop

YOUR JOBS

a pantry shelf, the high chair

- [ ] _____
- [ ] _____
- [ ] _____

HOW TO USE

Work the boxes in order: high to low, far side to the door, floor last. Use each cleaner as its label says; never mix two products. Kitchen comes around every fifth week on the Zone rotation.

DONE ON _____ _____ _____

SHORT ON TIME?

The 10-minute pass:
put away what's out · stovetop · wipe the counters · sink and faucet · a quick floor

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CLEAR FIRST, HIGH TO LOW, FINISH AT THE DOOR

KITCHEN CLEANING

CHECKLIST

1 CLEAR FIRST

- ○ Put away what is out on the counters
- ○ Put what lives elsewhere in the goes-home basket
- ○ Do the dishes and empty the sink
- ○ Open a window or run the fan



2 UP HIGH

- ○ Wipe the fridge top and the cabinet tops
- ○ Wipe the upper cabinet doors
- ○ Wipe the range hood; dust the light
- ○ Wipe the backsplash



3 APPLIANCE FRONTS

- ○ Clean the microwave, inside and out
- ○ Wipe the dishwasher and oven door
- ○ Wipe the fridge door and its handles
- ○ Wipe the toaster and kettle, outside



4 STOVETOP AND COUNTERS

- ○ Clean the stovetop
- ○ Wipe the counters, far end to the door
- ○ Wipe the knobs and the stove front
- ○ Wipe the table and chairs



5 SINK AND BINS

- ○ Scrub the sink and the faucet
- ○ Empty the trash and recycling
- ○ Put out a fresh dish towel
- ○ Put new bags in the bins



6 LOW DOORS AND FLOOR

- ○ Wipe the lower cabinet doors
- ○ Sweep or vacuum, far side first
- ○ Shake out the mat
- ○ Mop toward the door



GATHER FIRST



- ☐ All-purpose cleaner
- ☐ Microfiber cloths
- ☐ Trash bags
- ☐ Dish soap
- ☐ Non-scratch sponge
- ☐ Broom or vacuum, and a mop

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Work the boxes in order: high to low, far side to the door, floor last. Use each cleaner as its label says; never mix two products. Kitchen comes around every fifth week on the Zone rotation.



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THE FULL CLEAN, OR THE 10-MINUTE PASS ON A SHORT DAY

KITCHEN

CLEANING CHECKLIST

THE FULL CLEAN *Done on*

1	**Clear first** Put away what is out on the counters · Do the dishes and empty the sink · Put what lives elsewhere in the goes-home basket · Open a window or run the fan	○	○	○
2	**Up high** Wipe the fridge top and the cabinet tops · Wipe the range hood; dust the light · Wipe the upper cabinet doors · Wipe the backsplash	○	○	○
3	**Appliance fronts** Clean the microwave, inside and out · Wipe the fridge door and its handles · Wipe the dishwasher and oven door · Wipe the toaster and kettle, outside	○	○	○
4	**Stovetop and counters** Clean the stovetop · Wipe the knobs and the stove front · Wipe the counters, far end to the door · Wipe the table and chairs	○	○	○
5	**Sink and bins** Scrub the sink and the faucet · Put out a fresh dish towel · Empty the trash and recycling · Put new bags in the bins	○	○	○
6	**Low doors and floor** Wipe the lower cabinet doors · Shake out the mat · Sweep or vacuum, far side first · Mop toward the door	○	○	○

SHORT ON TIME? THE 10-MINUTE PASS

Put away what's out	○	○	○	○	○	○	○	○
Stovetop	○	○	○	○	○	○	○	○
Wipe the counters	○	○	○	○	○	○	○	○
Sink and faucet	○	○	○	○	○	○	○	○
A quick floor	○	○	○	○	○	○	○	○

HOW TO USE

Work the rows in order: high to low, far side to the door, floor last. Use each cleaner as its label says; never mix two products. Kitchen comes around every fifth week on the Zone rotation.

GATHER FIRST

- ○ All-purpose cleaner
- ○ Microfiber cloths
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