

# Oh, So Clean!

*A checklist for a happy, healthy home*

## **Weekly/Bi-Weekly**

- Kitchen: appliances, sink, counters, floors
- Bathrooms: toilets, tubs, sinks, counters
- Wipe down the sides and tops of all appliances
- Wipe down sides and tops of toilets, sinks
- Clean out expired food from fridge
- Vacuum all carpeted areas
- Sweep/mop all non carpeted areas
- Wipe down all mirrors
- Wash all sink/bathroom towels/rugs
- Wipe down inside and outside of microwave

## **Monthly**

- Clean televisions, gaming consoles, electronics etc
- Clean and restore wood floors, countertops
- Railings and wall inserts
- Disinfect shower and sink fixtures
- Dust desks, furniture, printer/fax machine
- Deep clean laundry machine
- Wipe down & vacuum in between couch cushions
- Window coverings and window sills
- Dust and wipe down heating vents
- Deep clean oven, fridge, freezer

## **Seasonally**

- Clean out and reorganize all cabinets in the whole house
- Wipe down all the walls in every room
- Wipe down all baseboards throughout
- Dust and wipe down all light fixtures, including ceiling fans
- Clean all doors and windows inside and outside
- Dust/vacuum all ceilings and look for cobwebs in corners, behind cabinets
- Clean out closets and wipe down all shelves
- Clean out pantry and cabinets, throw out expired food and wipe down all shelves
- Disinfect drawer pulls, garbage cans