

Healthy Home Cleaning Checklist

KITCHEN

Weekly

- o Clean countertops (behind things too!) o Sweep/vacuum and mop floor
- o Clean stovetop
- o Wipe down exterior of appliances

Monthly

- o Clean inside of microwave
- o Clean drawer/cabinet handles
- o Clean inside and outside of trash can
- o Clean rugs (if any)
- o Check and change water filter (as needed)

Seasonally

- o Clean inside of refrigerator
- o Take items out of cabinets and drawers and clean interior (this is a good time to get rid of anything expired or that you don't use!)
- o Clean oven interior
- o Empty crumbs out of toaster
- o Clean/deodorize garbage disposal o Replace baking soda box in fridge
- o Dust houseplants (bonus: this will keep them healthy too!)
- o Dust baseboards
- o Vacuum upholstery
- o Clean pet toys and food dishes

Seasonally

- o Wash blankets and throw pillows
- o Clean blinds
- o Shake out/vacuum/laundry door mats and rugs
- o Clean light fixtures

BATHROOM

Weekly

- o Clean sink and countertop
- o Clean toilet (interior & exterior)
- o Sweep/vacuum and mop floors
- o Clean mirror
- o Laundry towels

Monthly

- o Clean shower/bathtub
- o Laundry floor mat(s)

Seasonally

- o Clean grout as needed (use a baking soda paste and old toothbrush for stained grout)

BEDROOM

Weekly

- o Laundry bed sheets & pillowcases
- o Dust exposed surfaces

Monthly

- o Vacuum under bed

Seasonally

- o Launder other bedding (comforters, mattress pads, etc.) *for items that can't be washed easily in a washing machine, hang them on a cloths line in the sun for 2-3 hours to air out and remove bacteria

GENERAL // LIVING AREAS

Weekly

- o Open windows or use an air filter for ventilation while you clean
- o Pick up clutter and put away in appropriate areas
- o Dust exposed surfaces with microfiber or wet cloth
- o Vacuum (with HEPA filter, ideally)
- o Mop floors

Monthly

- o Clean door knobs and light switches
- o Clean electronics (computer keyboards and remote controls)
- o Dust overhead lights and/or ceiling fans
- o Dust lamps & lampshades