

Deep Cleaning Checklist: Kitchen



Ovens:

- discard any loose food or burnt bits
- liberally sprinkle baking soda to the base of the oven
- pour vinegar on top until it bubbles
- after 15 minutes, scrub the sides and wipe everything down with a damp towel

Stovetop:

- apply car wax or mineral oil to your stovetop to polish it and repel oily spills

Range Hood Filters:

- remove the range hood filters
- soak them in hot, soapy water with baking soda
- after 30 minutes, scrub with a dish brush before air drying and reattaching

Kitchen Sinks:

- pour a cup of baking soda down your drain
- follow with two cups of vinegar
- after at least 30 minutes, rinse with boiling water

Water & Ice Dispensers:

- create a 50/50 solution of vinegar and water in a container
- use an old toothbrush to get into the crevices of your fridge's water dispenser

Garbage Disposals:

- freeze lemon slices and vinegar in an ice cube tray
- when your sink starts to smell, add one to two cubes to your running garbage disposal until the crushing sound has stopped

Kitchen Cabinets:

- clean cabinets with a mixture of two tablespoons of Dawn dish soap and two cups of warm water to help remove grease

Kitchen High-Touch Areas:

- use an antibacterial spray or wipe on cabinet handles and microwave buttons daily to keep the germs at bay

Deep Cleaning Checklist: Floors



Tile Floors:

- spray Resolve carpet foam into the grout lines
- use a scrub brush to lift the debris
- after 10 minutes, wipe
- mop floors as usual

Window Tracks:

- sprinkle baking soda throughout the window tracks
- spray vinegar over it
- after 5 minutes, wipe with a damp cloth

Baseboards:

- attach a microfiber cloth to a broom with twine or a large rubber band
- dampen the cloth with warm soapy water, and drag it along your baseboards
- or use a dryer sheet to remove dust from baseboards

Hardwood Floors:

- boil 7-8 black tea bags in 1/2 gallon of water
- steep for 10-15 minutes, then cool
- fill your mop bucket with the hot black tea and mop as usual (after testing a small area for discoloration)

Carpets:

- mix equal parts dish soap, warm water, baking soda, and white vinegar in a spray bottle
- after 30 minutes, blot with a damp sponge or scrub brush, and vacuum to remove any remaining liquid

Carpet Stains:

- spray the stain with 1 part vinegar and 2 parts water, lay a damp towel over the spot
- use the steam setting on an iron for 30 seconds

Pet Hair:

- wearing rubber dishwashing gloves or using a squeegee, run your hand over the carpet to remove pet hair

Deep Cleaning Checklist: Bathroom



Bathroom Tiles:

- form a paste with baking soda and warm water, and apply it to your grout
- soak a microfiber cloth in warm water
- add a few drops of mild soap, and then wipe off the baking soda mixture

Bathtubs:

- fill your soap-dispensing sponge with Dawn dish soap, warm water, and baking soda
- scour your wet bathtub until the dirt is removed, and rinse with fresh water
- a halved grapefruit and salt can also break down stains

Exhaust Fan:

- spray a can of compressed air directly into your bathroom's exhaust fan to remove built up dust

Shower Head Hard Water Stains:

- fill a plastic zip top bag with equal parts vinegar and water
- submerge the shower head into the bag, and secure it with a rubber band
- soak for 15-20 minutes before rinsing thoroughly.

Toilets:

- place a disinfectant wipe on the tip of a flathead screwdriver
- drag it between the edge of the toilet seat and the base of your toilet tank to clean

Toilet Stains:

- pour a packet of orange or lemon-flavored Kool-Aid into your toilet bowl and scrub away the stains with a toilet brush
- cola will also help

Mold & Mildew:

- mix an equal amount of vodka and water to a spray bottle to tackle grease, soap scum, or mildew

Shower Doors:

- spray the inside of glass shower doors with nonstick spray to remove soap scum and hard water stains
- wait 5-10 minutes, and go over the door with a clean, absorbent cloth to remove the residue
- prevent future water stains by using an auto glass water repellent (like Rain-X)

Shower Curtain Liner:

- toss your fabric, vinyl, or cotton shower curtain in the washing machine with some regular detergent or baking soda — along with a few towels with the liner — to help scrub away the toughest stains

Deep Cleaning Checklist: Everything Else



Washing Machines:

- combine vinegar and water to deep clean washing machines
- or, use citrus Kool-Aid to remove rust, gunk, and buildup inside a washing machine
- clean your shower curtain liner in the washing machine

Dryer Lint Trap:

- use a paint stirring stick (or a ruler) and a pillowcase to fish out the stuck lint for good
- set a goal to do this monthly

Dishwasher:

- place a measuring cup filled with 2 cups of vinegar in the top rack of your dishwasher
- run a normal cycle without detergent or using the heat dry setting
- or add lemon Kool-Aid to help sanitize your dishwasher

Dishwasher Trap:

- use a toothbrush to remove food and other buildup, then rinse the rest off in the sink

Home Vent Covers:

- close the vents before adding them to the dishwasher
- then, blow dry any remaining water from the covers on the cool setting before installing covers back over your vents

Disinfect Toys, Flip-Flops, & Brushes in Your Dishwasher:

- add items like rubber footwear, outlet shields, pet toys, dish sponges, and hairbrushes to your dishwasher to disinfect them
- put the smallest items in mesh laundry bags before you wash

Cleaning Tools (Brooms):

- manually remove any balls of hair or dust before using your vacuum's upholstery attachment to clean in between the bristles
- in a bucket of warm water, add a few drops of dish soap, and soak your broom for an hour
- rinse and let it dry completely before storing it away

Deep Cleaning Checklist: Everything Else cont.



Car Cup Holders:

- put an old sock over the bottom of a travel cup
- spray with Windex
- twist in the cup holders to remove dirt and grime

Car Vents:

- mix equal parts of warm water and vinegar in a container, dip your foam craft brush (removing excess)
- clean each car vent individually
- an essential oil could be added to the mixture to freshen your vents

Light Switch Plates:

- spray a cleaning cloth with regular household cleaner or rubbing alcohol
- wipe the surface of your light switches
- use a Q-tip to get into the crevices

Lampshades:

- use a lint roller on fabric lampshades to thoroughly collect the dust in crevices

Blinds:

- remove dust with an old sock

Chrome Faucets:

- tear off a sheet of wax paper and wipe your chrome faucets to remove fingerprints, smudges, and water spots

Ceiling Fan Blades:

- starting from the innermost part of the blade
- put one hand on the top of the pillowcase
- steadily dust off the fan blade

Blenders:

- add soap and water to a dirty blender and blend it clean to remove dried gunk

