

Spring Cleaning Checklist

KITCHEN

Clean/vacuum behind refrigerator and stove ____

Deep clean oven (inside) ____

Remove contents of cabinets/drawers and vacuum out crumbs/debris ____

Wipe inside of cabinets/drawers with a gentle plant based cleaner (Mrs. Meyer's Compassion Flower is my favorite all-purpose cleaner) ____

Organize pantry/vacuum/wipe down shelves ____

Check expiration dates of all items in pantry as well as in spice cabinet ____

Wipe/scrub refrigerator shelves with a plant-based cleaner.

Remove drawers from refrigerator and clean with a gentle dish soap and hot water ____

Deep clean kitchen sink by sprinkling baking soda and dish soap. Scrub with sponge (I typically follow this step by boiling water and pouring down sink to eliminate germs) ____

Remove dishwasher filter and clean with gentle dish soap (rinse thoroughly) ____

Wipe out dish washer with a plant based cleaner ____

Scrub floors as last step with hot water and gentle floor cleaner ____

LIVING ROOM

Remove cushions from sofas and chairs/vacuum out thoroughly ____

Remove washable slip covers and wash/dry per instructions ____

Remove curtains and wash per fabric instructions ____

Dust walls from top to bottom ____

Dust furniture thoroughly/go through drawers ____

Vacuum behind/under furniture ____

Scrub walls with a gentle all-purpose cleaner diluted in bucket of water (I typically buy extra mop heads for this step to easily scrub walls) ____

WINDOWS

Dust blinds with microfiber cloth. Follow with damp cloth to remove dirt ____

Wash both sides of window with equal parts water and white cleaning vinegar ____

Vacuum out any dirt/debris from window track ____

Wipe window track with all-purpose cleaner ____

BEDROOMS

Remove all bedding (shams, bed-skirt, mattress pad, comforter) and machine wash according to fabric instructions ____

Remove curtains and wash according to fabric instructions ____

Vacuum mattress/cloth headboards thoroughly ____

Vacuum behind/under furniture ____

Dust walls from top to bottom ____

Dust ceiling fans. Follow by wiping blades with damp cloth ____

Scrub walls with a gentle all-purpose cleaner diluted in bucket of hot water (I typically buy extra mop heads for this step to easily scrub walls) ____

BATHROOMS

Sort/organize products. Toss any expired products ____

Wipe out vanity drawers with all-purpose cleaner ____

Dust walls from top to bottom ____

Remove hard water stains in shower/shower doors (I use ¼ cup white vinegar, ½ cup warm water and dish soap) ____

Scrub walls with a gentle all-purpose cleaner diluted in bucket of water (I typically buy extra mop heads for this step to easily scrub walls) ____

Lastly, scrub floors with hot water and all-purpose cleaner ____