



January Deep Cleaning Checklist



kitchen

- CLEAN AND ORGANIZE UNDER SINK
- CLEAN OUT AND ORGANIZE INSIDE AND OUTSIDE OF ALL CABINETS AND DRAWERS
- CLEAN AND ORGANIZE INSIDE AND OUTSIDE OF FRIDGE
- CLEAN OUT AND ORGANIZE PANTRY
- DEEP CLEAN STOVE AND OVEN
- CLEAN INSIDE AND AROUND EDGES OF DISHWASHER
- DEEP CLEAN SINKS/DRAINS/DISPOSAL
- WASH CURTAINS, SHOWER CURTAINS AND AREA RUGS
- CLEAN WINDOWS AND BLINDS (DON'T FORGET THE TRACKS OF THE WINDOWS)
- REVIEW KITCHEN CLEANING CHECKLIST AND EDIT AS NEEDED

medicines

- CONTACT YOUR PHARMACIST TO LEARN THE PROPER WAY TO DISPOSE OF EXPIRED AND UNUSED MEDICINES
- MAKE A LIST OF NEEDED BASICS TO REPLACE ANY YOU HAVE DISPOSED OF

other

- CLEAN COMMAND CENTER (OR CREATE ONE!)
- CREATE/EDIT FAMILY CALENDAR