HOW TO CLEAN YOUR KITCHEN

ACQUIRE MATERIALS
You will need the following items for cleaning. They can be purchased at any grocery store. Some items may also be borrowed from the front desk of your residence hall.
- Multi-purpose cleaner
- Sponges/cloths/rags
- Broom and dustpan
- Mop and bucket
- Glass cleaner

REFRIGERATOR AND FREEZER
- Clean from top to bottom, removing items from refrigerator and freezer as you move from shelf to shelf.
- Spray with cleaner and wipe down with a sponge.
- Scrub to remove any food build up.
- Clean the outside door and handles with multi-purpose cleaner and a sponge.

TRASH & RECYCLING
- Gather all trash and recyclable items.
- Take items to the proper trash and recycling area in your building.

STOVE
- To clean the oven use the self clean button or dial on the stove.
- Make sure to open a window to well ventilate the room as there may be a burning smell.
- The oven will then heat up and burn off items in the oven, this will take anywhere from three to five hours.
- When self-clean is over and the oven has cooled down, use a moist rag to pull out debris from the oven.
- Place a newspaper or towel in front of the oven to catch any debris.

COUNTERS
- Apply multi-purpose cleaner to the sink and the counter area.
- Scrub off all dirt and food items with a sponge.
- Wipe counters clean with a sponge and clean water.
- Cupboards should also be cleaned every month or if a spill has occurred.

KITCHEN FLOOR
- Use a broom to sweep the floor and put debris in the trash.
- Fill a bucket with cleaning solution and water.
- Place the mop in the bucket and squeeze the excess solution and water off into the bucket.
- Pull the mop across the floor and rinse the mop in the bucket as needed.
- Allow the floor to dry and dump the water from the bucket in the shower or sink and rinse the mop.
- Alternative mops such as Swiffer are easy to use and store.

WINDOWS
- Use glass cleaner with a paper towel or rag to clean the interior of kitchen and living room windows.
- Also, use a damp cloth or rag to wipe out dust from window sills.

OVEN
- To clean an open coil stove, lift up the coils and remove the drip pans when they are cold.
- Use the cleaner and sponge to clean the stove surface.
- Make sure to clean under the drip pans where any food or liquids may have fallen.
- Clean drip pans in the sink with dishwashing liquid.
- Scrub to remove all excess stains.

CLEANING TIPS
- Keep a sponge and cleaning solution under the sink and frequently wipe down countertops when spills occur to avoid build up.
- Wipe the stove and countertops each time you use them.
- Deal with spills when they happen. If you let them dry they will be harder to clean.
- Wash dishes daily instead of leaving them on the counter.

CLEANING FREQUENCY
- If cleaning is done frequently the kitchen will accumulate less dirt.
- Wiping down surfaces as they become dirty from spills and other cooking items is the best way to keep the kitchen clean.
- A monthly deep clean is important in the kitchen.