



THE STAY SANE MOM'S

Ultimate *Kitchen* Checklist



11 Steps to a Spotless Kitchen

The Ultimate *Kitchen* Checklist

Step #1: Cleaning Versus Organization

- ☐ Remove clutter from counters

Step #2: Start With the Stove

- ☐ Clean/scrub stovetop
- ☐ Clean/scrub grate
- ☐ Wipe burners

Step #3: The Ominous Oven

- ☐ Clean/scrub racks
- ☐ Clean inside oven
- ☐ Clean inside and outside oven door

Step #4: The Great Appliance Wipedown

- ☐ Toaster
- ☐ Run water through coffee maker/Keurig until it runs clean
- ☐ Juicer, blender, or any other appliances
- ☐ Empty Fridge
- ☐ Wipe down fridge shelves, walls, and door

Step #5: Disposal and Drain

- ☐ Drain cleaner
- ☐ Run disposal (with lots of water and lemon, ice, or salt)

Step #6: Sink (Part 1)

- ☐ Fill Sink with warm water and about a 1/2 cup of Vinegar (let sit until later)
- ☐ Scrub off any dried-off messes or dirt
- ☐ Scrub the faucet and handles

Step #7: Cabinets

- ☐ Remove things from cabinets (one at a time, so you don't run out of counters)
- ☐ Wipe inside, shelves, walls, and cabinet "roof" with a warm, wet rag
- ☐ Clean inside and outside of cabinet door
- ☐ Clean baseboards below lower cabinets
- ☐ Extra TLC for the cabinet containing the trash can

Step #8: Sink (Part 2)

- ☐ Drain water from sink
- ☐ Scrub sink with soap or cleaner
- ☐ Dry sink with dry rag or microfiber cloth

Step #9: Counters

- ☐ Empty counters of all objects
- ☐ Clean all counters
- ☐ Dry counters with dry rag or microfiber cloth

Step #10: Floors

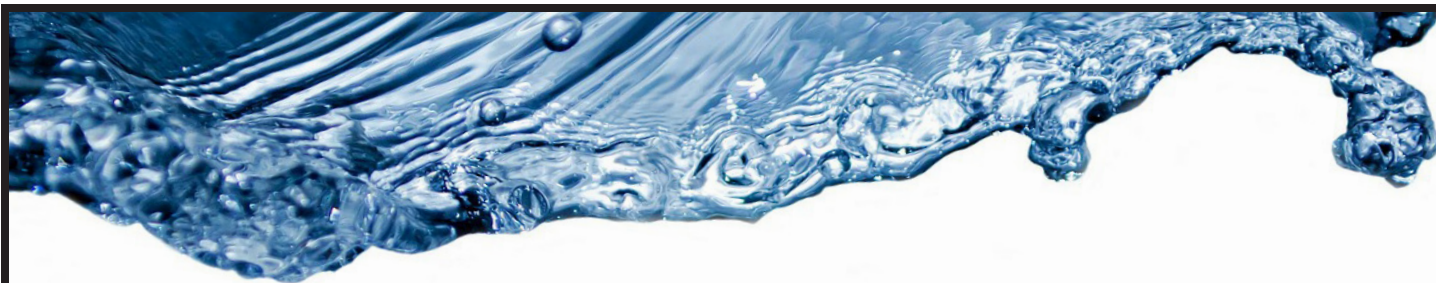
- ☐ Vacuum for large dirt/debris
- ☐ Scrub, swiffer, or otherwise wet-clean your floors
- ☐ Shine or apply floor restorer

Step #11: Organization

- ☐ Replace large appliances on counters
- ☐ Restock fridge
- ☐ Restock cabinets
- ☐ Replace sparing knick knacks on countertops

Congratulations! You are (temporarily) in possession of a sparky clean kitchen.
(At least until the kids get back from school.)

You can use this checklist any time you need a full clean,
but keep in mind that cleaning as you go is the
best way to maintain your kitchen's new sparkle.



GET TO KNOW

THESTAYSANEMOM

The Stay Sane Mom provides tools and support for driven, multitasking, soul-hungry moms who want to master their domain so they have time and energy to be more than just “mom”.

The Stay Sane Mom was born out of one mom’s journey into wife-dom and motherhood.

She noticed that wife-ing, momming, and keeping a clean house were all possible by themselves, but when done all at the same time they had started to make her feel like she was (to be honest) slowly losing her mind. Worse than losing her mind, she also felt like her identity as a person other than “Mom” was slipping away as well.

So what happens when a nerd encounters a problem? Research. Lots of research. Also empirical tests, case studies, and anything else that could help her be “Liz” and “Mom” at the same time.

When she started coming to actual, useful conclusions, she decided to start building The Stay Sane Mom to share her revelations with other moms who wanted to be a real person as well as being “Mom”.

Find more wisdom, tools, sarcasm, and sanity on our website.

WWW.THESTAYSANEMOM.COM

