

Healthy Spring Cleaning Checklist



KITCHEN

- Deep clean the refrigerator, oven, stovetop, microwave and other appliances
- Run dishwasher on empty with a cleaning solvent
- Disinfect and scrub sink
- Wipe out cabinets
- Dispose of any expired food
- Clean countertops
- Remove or organize any additional clutter

LIVING ROOM

- Dust and clean windows
- Dust ceiling fan blades
- Dust electronics, picture frames and décor
- Wash throw pillow covers and blankets
- Clean and mop floors
- Organize media cabinet

BEDROOMS

- Dust and clean windows
- Launder bedding
- Flip and rotate mattress
- Vacuum floors and drapes
- Organize any drawers or cabinets
- Donate any unused clothing

BATHROOMS

- Scrub bath tub and showers
- Clean and wash shower curtains
- Scrub toilet
- Wash rugs
- Empty and organize cabinets
- Dispose of expired make-up and beauty products
- Empty and organize the medicine cabinet
- Safely dispose any expired or unused medications

LAUNDRY ROOM

- Clean dryer vent
- Clean inside of washing machine
- Ensure all harmful chemicals are out of reach of small children

OTHER

- Wipe handles, switches, baseboards and vents
- Change burned out lightbulbs
- Replace batteries in smoke detectors
- Replace furnace filter
- Replace or clean air purifier filter (if you have one)
- Move any harmful chemicals (like paints or solvents) into the garage

GARAGE

- Sweep and clean floors
- Organize sporting equipment, tools or toys
- Place harmful chemicals in a secure location, out of reach of children
- Organize and neatly stack any stored items to remove tripping hazards

OUTSIDE

- Sweep and organize your entry way
- Wash outdoor furniture
- Clean the windows
- Clean your gutters
- Power-wash siding and walkway

ADD YOUR OWN!

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