

A COMPLETE GUIDE TO PRACTICES FOR MAINTAINING A HEALTHY KITCHEN



ABSTRACT

This guide outlines essential practices to maintain a clean, safe, and healthy kitchen. From proper food storage to regular cleaning routines, it emphasizes the role of hygiene in preventing contamination and ensuring overall well-being.

INTRODUCTION

The kitchen is the heart of every home, where meals are prepared and shared. Maintaining a healthy kitchen goes beyond cooking—it requires consistent attention to cleanliness, organization, and safe handling of food. Simple daily practices can significantly reduce health risks and create a hygienic environment for the whole family.

I. Affordable Add-Ons For A Healthier Kitchen

Whatever changes you're making to how and what you eat at home, these 10 kitchen products can help boost your health. Each one costs less than \$500, so there's no huge cost outlay. And any of them can help improve your health and well-being in its own way – no contractor required!

1. Food scale – Portion control is crucial to eating healthfully, as any nutrition professional can tell you. A food scale can help you determine how many ounces your salmon or chicken breast weighs so you can accurately track your intake.



2. Herb garden – Food tastes better with herbs and spices, so why not enhance your healthy meals with your own home-grown seasonings. They'll be more flavorful than the dried versions available, and you'll get the additional health benefits of having plants in your home.



3. Convection-steam oven - Steaming is one of the best ways to preserve nutrients in your food, and one of the quickest ways to get food on the table. Convection is a way to bake food while keeping it more moist. A convection-

steam oven offers both features. If you're not remodeling your kitchen, you can add a countertop convection steam oven that will also serve as a toaster.



4. Slow cooker – Better known by the Crock-Pot brand name, this 1940 invention should be a staple in every working man and woman's kitchen. Load it with vegetables for a hearty stew, or with beans and spices for a vegetarian chili, in the morning and have a healthy dinner ready when you get home in the evening. Programmable models will turn themselves to a keep warm setting after your food has been slow cooked. Some feature stovetop-friendly inserts for browning in the same pan for additional convenience.



5. Wine refrigerator – While science differs on the benefits of wine, many experts today say moderate consumption can boost your health. If you are a wine enthusiast, a dual zone wine refrigerator can properly store and preserve your favorite vintage.



6. Coffee Maker – Coffee is another ancient, popular beverage with potential health benefits and a near certain energy boost. There's no reason why you

can't brew a good cup at home before you start your work day. There are many models on the market today, but among the fastest growing in popularity are the single-serve models. The newer models let you choose your cup sizes and use a refillable pod for less environmental impact.



7. Anti-fatigue mat – Millions of American homes have ceramic or porcelain tile floors, which can be very tiring for your back, hips, feet and legs when you're spending hours doing meal preparation. An anti-fatigue mat can make the time you spend cooking easier on your body.



II. How to declutter a kitchen — steps to do it like a pro

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When working out exactly how to declutter a kitchen in its entirety, it can feel a mammoth task. But doing things in an expert-approved order will make clearing this room, with all its cabinets, drawers, and shelves less daunting.

Starting with the kitchen when decluttering your home can make a big impact, especially with the space being so function-led and vital to the way your home runs. Trash bags at the ready!

Decluttering and organizing a kitchen can take hours, especially if the space is packed to the rafters. But professional organizer, Shantae Duckworth shares plenty of tips for getting started, tackling one section at a time to avoid the dreaded overwhelm.

1. Focus on high-traffic areas first



Take a look at the areas in your kitchen that get the most use first, as these are most likely to be clobbered with clutter. Shantae says, “Begin by decluttering the high-traffic areas of your kitchen, such as drawers, and cabinets. These spaces are often the most visible and frequently used. Remove items that don't belong or are rarely used to create a more organized and functional environment.”

2. Get the countertops clear

For decluttering your countertops, Shantae advises, “Clear them off first, only keeping essential items you use for cooking or daily tasks. This will create a clean and visually appealing surface to work with for the rest of your declutter.”

Use storage bins (such as these clear plastic storage bins from Amazon) to keep them tidy moving forward. Alternatively, a set of stackable, sliding trays from Amazon that stand on your countertop as additional storage can also work well. With them being see-through, they won't feel like a blocky storage item, but hopefully, blend into the surroundings.

3. Clear out the pantry



Admittedly, this space may be a little more challenging to organize, depending on its size, but if you follow the right steps, it's easily doable. Storage tools, such as stackable plastic boxes from Target, work well for this kind of space. And who doesn't like a uniform pantry storage organizers?

4. Empty and organize the fridge

Organize the refrigerator next. Shantae says, "Dispose of expired items, old leftovers, and anything that is no longer fresh. Wipe down shelves and drawers, and consider using clear containers for better visibility. Organize the contents by categories to streamline meal planning."

5. Clean out the utensil drawer



The utensil drawer is another high-traffic area in the kitchen you don't want to forget when decluttering.

Shantae says, "These drawers tend to accumulate items over time. Remove any duplicate or rarely used utensils. Invest in dividers to keep similar items together and make it easier to find what you need. This step enhances the functionality of your kitchen workspace."

For easier decluttering, organization expert Jean Prominski says, "Pace yourself during this task and have boxes ready for donations. Instead of letting your guilt get to you about giving things away, think of it as giving your items a new home where they will be cherished and loved instead of stashed in the back of a cabinet, never to be used."

6. Evaluate your appliances

You might think you need all of your appliances but chances are, you probably don't. Shantae says, "Evaluate small kitchen appliances, keeping the ones you use frequently and serve multiple purposes. "If you have duplicates or items you rarely

use, consider donating or selling them. This frees up counter and storage space for more essentials.”

7. Sort and categorize your items



When moving items around in your kitchen, it’s a good idea to categorize and group similar items together, such as utensils, pots, and pans, or pantry items.

8. Invest in organizational tools

Once you’ve spent time clearing out each area of your kitchen, it’s important to ensure you have all of the key kitchen storage tools you need to keep each area neat and ordered.

III. Experts share their best advice for an eco-friendly kitchen remodel



In a world where the climate crisis is ever-evolving, reducing our own carbon footprint has become a priority for many of us, especially at home. Recycling well and installing solar panels will all play a part, but if you did not think that sustainability could be factored into your kitchen remodel, you would be mistaken.

1. Keep longevity in mind



'The most eco-friendly advice I can give is to design a kitchen that is timeless,' says Francis Nicdao, principal and chief creative officer of Pembroke & Ives. Keeping longevity in mind is key with any kitchen remodel, but even more important if you are

making home improvements that are eco-friendly: 'Reducing the chances of having to redesign or make amendments at a later date means creating less waste,' adds Nicdao.

2. See past the trends



We are all a little guilty of ogling over the latest kitchen design trends, but consider how you invest in them and avoid basing your entire remodel on one specific, or very niche, trend that might pass.

This does not mean that you cannot incorporate any of the latest looks, simply be mindful of how you go about it: 'Find materials and make design decisions that don't follow trends but that have longevity and durability,' shares Nicdao. For example, if a particular countertop material is trending and you know you will still love it in 10+ years' time, consider investing in a reclaimed version or buying with a company that focuses on its sustainability efforts.

3. Salvaged materials and modernity can go hand in hand

It is true that we don't always put eco-friendly and contemporary looks together. However, modern kitchen designs can be made sustainable with the addition of reclaimed materials like tile and countertops.

4. Make low VOC paints your new norm

A painted kitchen can be a showstopper and if you do want to go down this road, be sure you are using a low VOC paint over regular paint. VOC stands for 'Volatile Organic Compounds' which the EPA states can 'include a variety of chemicals' that may have adverse health effects. The National Library of Medicine notes that VOCs can also have a detrimental effect on the environment. It is simply best to limit exposure to them and they are often present in paints and household cleaners.

5. Incorporate 'old-world' pieces



In the spirit of creating a kitchen that looks and feels timeless, Ami McKay, creator of PURE Design recommends including objects that have a little more history and charm to them.

'Incorporating old-world, found pieces as decor and millwork (ie. vintage table as island, antique hutch as cupboards, oversized ceramic pots for florals).' Not only will you enjoy a unique finish in your space, but you'll be saving on the resources that go into manufacturing new products.

Make this an easy task by visiting local thrift stores, and keeping an eye on eBay, Craigslist, or Facebook Marketplace. You never know what may turn up one day.

'Furthermore, while there are many alternative solutions to a 'classic' kitchen remodel, it's important to keep in mind that the goal is to keep as much out of the landfill as possible,' continues Onorato. 'One of the easiest ways to do this is by incorporating pieces that are repurposed, re-used, or antiques.'

IV. Are You Cleaning These 7 Germiest Kitchen Spots?

The presence of bacteria in raw meat and other raw foods can make your kitchen a hotspot for germ infestation. The sink, counters, cutting boards, sponges, oven racks, cabinet handles, faucets, etc., can harbour E. coli and other lethal bacteria if not cleaned and sanitised regularly.



Furthermore, food spills, splatters, gunk, leftover food particles, and clogged drains can spread harmful microbes throughout your kitchen, causing various foodborne illnesses and infections. To create a sterile home environment, go beyond regular dusting, wiping, and mopping. It is good to pay special attention to the most neglected areas where germs tend to lurk and proliferate.

In today's article, we will unveil 7 germiest spots in your kitchen and share useful tips on keeping them spotless and hygienic all year round. Whether refreshing up your home or preparing for an expert end of lease cleaning Sydney service, using proven hacks and tricks can help prevent cross contamination while creating a healthier and organised cooking environment for your family.

Let's Get Started!

1. Kitchen Sponges, Rags and Dishcloths

Sponges and dishcloths are the most unnoticed things in the kitchen. Unfortunately, leaving them dirty and damp can harbour a variety of bacteria, including E. coli, Campylobacter, Salmonella, Listeria, and Staphylococcus aureus. Wiping surfaces with germ laden sponges can lead to cross contamination, causing mild to severe infections. Some microbiologists say a dirty kitchen rag or sponge contains more pathogens than the toilet seat. Isn't it scary?

When you clean your kitchen next time, prioritise sponges and dishcloths. It is always good to sanitise your sponge every one or two weeks. All you need to do is microwave your damp sponge for 2 minutes. Add white vinegar or baking soda for best results. Moreover, switching to reusable dishcloths can make your life easier. Ensure you wash them in hot water after each use to keep germs at bay.

2. Door Handles, Knobs and Touch Pads/Control Panels

Cleaning inside the oven or microwave is essential, but you can't overlook the door handle, knobs, touch pads and control panels. These are highly touched spots that can be a breeding ground for harmful microbes. Ensure you remove greasy stains and fingerprints from the handles and control panels using a DIY solution.



White vinegar and rubbing alcohol spray can kill microbes on these surfaces. Spray the solution on a microfibre cloth and gently wipe down the surface. Do this weekly to prevent germ infestation.

3. Kitchen Sink and Faucets

The kitchen sink is used for rinsing raw meat and vegetables, cleaning dirty dishes, etc. If it is not cleaned and sanitised regularly, it increases the chances of harbouring disease causing germs. Among all kitchen surfaces, the sink is one of the most contaminated spots, leading to food safety deterioration.

Even scarier, the bacteria in the sink or on your hands can cross contaminate other surfaces, including your dishes, pots, and stovetop. Thus, it is always good to clean and sanitise these spots daily after preparing your meals.

Use dishwashing soap and warm water to wash the sink and faucet. To banish germs and bad odours, apply baking soda paste, covering all nooks and crannies. Leave it for a few minutes and scrub with a brush or sponge. Spray rubbing alcohol on faucets can also kill lurking germs effectively.

End of lease cleaning Sydney professionals also recommend unclogging drain and garbage disposal. It is good to pour a cup of baking soda and vinegar down the drain. The duo will create frizz and break down gunk and grease. Lastly, pour a cup of hot water for the best outcomes.

4. Cutting or Chopping Boards

Chopping boards, especially wooden ones, can be breeding grounds for common household germs and bacteria. Microbes from raw meat and vegetables can transform into the nooks and crannies of your board even after a single use. Therefore, it is good to have at least two separate cutting boards: one for fruits and vegetables and one for raw meats. This will prevent cross-contamination when preparing meals.

To eradicate germs, cut a lemon in half, sprinkle baking soda over it, and gently scrub the surface, covering nooks and crannies. While citric acid in lemon has antibacterial properties, baking soda can help eliminate buildup grime and grease effectively. Ensure you dry the board to prevent further contamination. Soda crystals can also help restore the lost shine of your chopping boards.

5. Deep Clean and Disinfect Your Fridge

Neglecting refrigerator cleaning and maintenance can harbour harmful bacteria inside, even with cold temperatures. Leftover food, spills, stains and gunk can make things worse. Ensure you regularly clean and organise your fridge to promote food safety. Here is a quick guide for efficient sanitisation:



- Remove and sort through all food contents. Toss stale, expired and unwanted items.
- Remove and soap drawers and shelves in hot, soapy water.
- Spray white vinegar solution inside your fridge, including nooks and crannies, to break down stubborn stains and gunk.

- Scrub with a soft bristled brush, covering edges, crannies and rubber gaskets of the door. Wipe down with a clean cloth.
- Remove the vent cover and vacuum the coils.
- Place a bowl of coffee beans to banish the lingering smell from your appliance.
- Strategically organise your fridge to prevent food wastage.

6. Small Appliances: Blenders and Coffee Makers

Most people clean microwaves, ovens, and dishwashers when sprucing up their kitchens. Unfortunately, small appliances like coffee makers and blenders are key germ hotspots. Thus, it is imperative to regularly clean these appliances using glass cleaners or DIY natural products. It is best to clean them after every use or at least once a week.

7. Stove Knobs and Rangehood Filter

The grease buildup, gunk and grime over stove knobs and rangehood filter create a perfect environment for germs infestation. Since it is one of the most unnoticed spots, bacteria lurk and spread on other surfaces, leading to cross contamination. Ensure you de grease the knobs using baking soda paste. Gently scrub and wipe the area.

For a greasy rangehood filter, remove and soak it in hot, soapy water with soda crystals. Next, scrub the surface with a brush and rinse thoroughly. If you are at the end of your tenancy, book experts for a budget end of lease cleaning Sydney service and secure full bond money. They clean according to the pre-approved checklist, leaving no signs of dirt, germs and gunk behind, ensuring a seamless move out.

Your kitchen may look spick and span after a basic clean up, but invisible invaders can lurk around different surfaces, leading to various health hazards. When sprucing up your kitchen, pay attention to sponges, cabinet and door handles, sinks, cutting boards, refrigerators, and small appliances to ensure a healthy and hygienic cooking environment in your home.

V. How to Clean a Stovetop

Pots boil over, grease splatters, and spills happen in every kitchen, and now you have a dirty stovetop. How you tackle the problem depends upon the type of stovetop you have. But, one rule applies to every type: clean the problem up as soon as possible. The longer you leave a mess on your stovetop, the harder it's going to be to remove.



Cooking messes should be cleaned up immediately, but every stovetop should be cleaned at least weekly to prevent grease and residue from collecting. You can clean both ceramic glass stovetops and coil stovetops using dish soap and a soft sponge for regular cleanings. Deep cleanings with one part baking soda and two parts vinegar may be necessary every few weeks to remove built-up grease.

What You'll Need

Equipment / Tools

- Sink or large bucket
- Sponge with a soft and a scrubbing side
- Microfiber cloth
- Spray bottle
- Plastic scraper
- Razorblade scraper

Materials

- Dishwashing liquid with grease-cutter
- Commercial ceramic cooktop cleaner (optional)
- Baking soda

- Distilled white vinegar
- Hot water

Instructions

Cleaning a Ceramic Glass Stovetop

These are the particular steps to follow if you have a smooth, ceramic glass stovetop in your kitchen.

1. Turn off and Cool Stovetop

Make sure that all controls are off and the stovetop is completely cool before you attempt to clean the surface.

2. Mix a Cleaning Solution

Fill a bowl with two cups of hot water and 1/2 teaspoon dishwashing liquid that contains a grease-cutting ingredient.

3. Apply the Cleaner

If you are using the dishwashing liquid cleaning solution, spray to apply or dip a sponge in the solution and wring it out slightly. Working in circles, wipe down the entire stovetop surface using the more abrasive side of the sponge. For areas that have cooked-on food, allow the solution to sit on the surface for several minutes to help soften the mess.

If you are using a commercial cooktop cleaner, follow the directions on the product label.



4. Wipe Away the Cleaning Solution

After cleaning, dip the sponge in fresh water and wipe away the soapy solution and any loose debris.

5. Tackle Tough-to-Remove Spots

If there are still areas with burned-on food, you will need to give them extra attention. Spray the messy area with distilled white vinegar and sprinkle with baking soda (it will foam!). Cover the area with a kitchen towel that has been soaked in hot water and then wrung out. Let the towel remain on the stovetop for at least 15 minutes and then wipe with a clean cloth to remove debris.

Cleaning an Electric Coil Stovetop

If your stovetop consists of electric coils, these are the best steps to take to ensure it's clean and grime-free.

1. Heat Coils to Burn Off Debris

If there are spills or spatters on the electric coils, turn each coil onto high for three minutes to burn off the mess.

2. Remove and Clean the Coils

Most coils simply plug into the stovetop. Give them a gentle pull and remove them. Place them on your countertop and wipe down with a sponge dipped in a solution of

hot, soapy water to remove debris. For tough build-up, dip the sponge in dry baking soda and scrub away.

Be sure to clean both sides of the coils and finish by wiping down with a cloth dipped in clean water. Set the coils aside and allow them to air dry.

3. Remove and Clean the Drip Pans

Under the electric coils are metal discs called drip pans that help catch food residue. Remove the drip pans and submerge them in a sink of hot water and dishwashing liquid to soak. Soaking for at least 15 minutes will help loosen the baked-on food. Scrub with the abrasive side of the sponge and a bit of baking soda, if needed, until clean.



4. Clean Under the Stovetop

Many stovetops open up just like the hood of a car. Underneath you'll see a sheet of enameled metal that has caught all the drips and spills. Clean this area with hot, soapy water to remove food debris. Rinse with a clean sponge dipped in hot water and towel dry.

If the top does not open, you can reach through the openings where the coils have been removed to access the area underneath.

5. Clean the Stovetop Surface

Whether the stovetop is enameled metal or stainless steel, wipe it down with a sponge dipped in the hot water and dishwashing liquid solution. Use a plastic

scraper to loosen any baked-on food. Spray any tough-to-clean areas with a bit of vinegar and sprinkle with baking soda. Cover with a damp towel and let it work for 15 minutes before scrubbing.

Cleaning a Gas Burner Stovetop

1. Remove Burner Grates, Plates, and Controls

Turn off all burners and be certain they are cool to the touch. Fill a sink or large bucket with hot water and add dishwashing liquid (about one teaspoon per gallon of water). Place the burner grates and plates (they cover the gas outlet) in the solution to soak.



2. Wipe Down the Stovetop Surface

Wipe down the stovetop surface with a sponge dipped in hot, soapy water to remove crumbs, grease, and stuck-on food. Spray burned-on food with distilled vinegar and sprinkle with baking soda. Cover the area with a wet cloth and let it work for about 15 minutes before scrubbing away with the abrasive side of a sponge.

3. Scrub, Rinse, and Dry the Burner Grates

Use an abrasive sponge to scrub the burner grates. Rinse the grates, plates, and controls with clean water and dry with a microfiber towel.

4. Rinse and Dry the Stovetop Surface

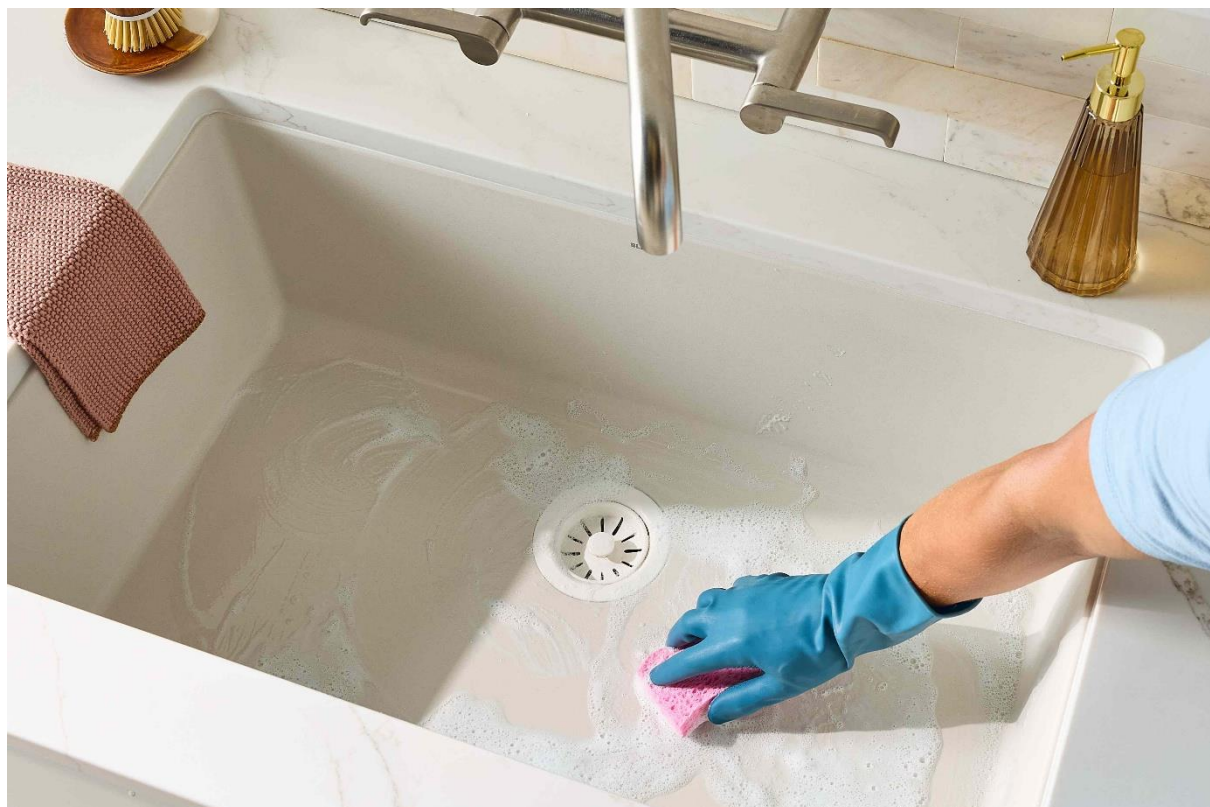
Once the stovetop surface is free of burned-on food, rinse it well with a sponge dipped in fresh water. Dry with a microfiber towel for a streak-free finish.

5. Reassemble the Stovetop

Once you are certain everything is dry, reassemble the stovetop by replacing the burner plates, grates, and control knobs.

VI. How to Clean a Kitchen Sink Regardless of the Material

Knowing how to clean a kitchen sink comes in handy for maintaining its longevity and keeping your home fresh. Your kitchen is likely the heart of your home, and every day, the sink deals with sauce stains, greasy messes, coffee grinds, raw poultry, and more.



But you can swap out the toxic cleansers and avoid harmful ingredients by using household items and natural cleaners. Follow our tips for cleaning your kitchen sink without using harsh chemicals. And while you're at it, spruce up your faucet with a few easy cleaning tricks.

We suggest cleaning your kitchen sink at least once a week—every day is ideal. Germs from food scraps (often including raw meat) can build up in your sink, making it one of the grossest spots in your kitchen. Of course, if your sink gets stained with sauces or food debris, it's best to clean it right away to avoid odors and dirt buildup.

Instructions

How to Clean a Stainless-Steel Kitchen Sink With Baking Soda and Soap

A simple blend of baking soda and dish soap is sufficient for cleaning stainless steel sinks. Both are great for removing grease and stains.

Stainless steel sinks can lose their finish if exposed to bleach, acidic foods, or abrasive cleaners. Don't use bleach-based cleaners or abrasive scrubbing brushes, and avoid letting acidic foods sit in the sink for too long.

1. Apply Baking Soda

Spray water onto the sink. Sprinkle baking soda (about 1/2 cup) on the wet surface of the sink.

2. Scrub With Dish Soap

- Add dish soap and warm water to your sponge. Avoid scrubbing brushes as they may scratch the stainless steel surface.
- Scrub the sink in a circular motion, following its natural grain, starting at the top and sides and working your way down.
- Push loose dirt and grime into the drain.
- Add more soap and water to the sponge (as needed) and continue scrubbing until the sink is clean.

3. Clean Around the Sink

Dip an old toothbrush in warm, soapy water. Scrub the drain cover and around the lip of the sink and faucet.

4. Rinse and Dry

Rinse the sink with fresh, clean water. Dry with a microfiber cloth to avoid water spots.

5. Shine the Surface (Optional)

For a shiny finish, add a drop of olive oil to the microfiber cloth and apply it to the sink's surface. Use a clean cloth to wipe away any excess.



How to Clean a Porcelain Kitchen Sink With Baking Soda and Hydrogen Peroxide

1. Remove Rust

Sprinkle table salt onto half a lemon. Use the lemon and salt to scrub out the rust spots.

2. Wash Away the Salt

Mix warm, soapy water onto a soft cloth. Without scrubbing, wipe and wash the sink surface clean. Rinse and dry with a new cloth, leaving the sink a bit damp.

3. Apply Cleaners

Sprinkle baking soda onto the sink's surface. Add a few drops of hydrogen peroxide on top.

4. Scrub Clean

Using a circular motion, scrub the sink clean with a sponge. Start at the top and work your way down towards the drain.

5. Rinse and Dry

Wash away the cleaning mixture with fresh, clean water. Then, dry the surface with a soft cloth.

How to Clean a Sink Faucet With Soap and Vinegar

Cleaning the kitchen faucet is simple regardless of your sink type and material. Using mild dish soap will help with general cleaning and vinegar will remove buildup.

1. Clean With Soap

Fill a bowl with warm water and a squirt of dish soap, combining to create suds. Dip a sponge or soft cloth in the solution and wipe the faucet and handles until clean. Use an old toothbrush for small areas and hard-to-reach spaces.

2. Remove Grime

Grab a piece of floss to remove a buildup of gunk around the rim of the faucet. Use the floss in a back-and-forth sawing motion to remove the grime, then wipe it away with a soapy cloth.

3. Rinse and Dry

Remove soap and rinse all fixtures with clean water. Then, dry using a microfiber cloth.

4. Apply Vinegar

1. Add vinegar to a reusable, plastic bag and fill halfway.
2. Tie the bag around the kitchen faucet using a rubber band. Be sure the faucet head is submerged in the vinegar.
3. Soak the faucet for about two hours before removing the bag.
4. Then, scrub the faucet head with an old toothbrush dipped in soapy water.

5. Final Rinse and Dry

Rinse all surfaces one more time to remove soap, vinegar, and debris. To prevent hard water spots, thoroughly dry all fixtures with a microfiber cloth.

How to Keep Your Kitchen Sink Clean Longer

Follow these tips to help your kitchen sink stay clean longer:

- **Wash the dishes.** Avoid odors and food buildup by washing dishes regularly instead of letting them pile up.
- **Sanitize the sink.** Keep bacteria away by sanitizing your kitchen sink after handling raw meat, poultry, fish, or greasy food. It's best to clean or wash it using the steps above, then sanitize your sink. Use a DIY disinfectant solution of diluted bleach (if safe for your sink's material) or sanitize with a commercial spray or sanitizer wipe.¹

- **Run the garbage disposal.** Avoid gunk buildup and foul scents by running the garbage disposal regularly, especially after disposing of food. Add citrus peels or rinds to your disposal instead of throwing them in the garbage.
- **Clean the sink drain.** Periodically cleaning your sink drain helps prevent clogging, backups, and gunk buildup. In turn, this helps keep your sink clean overall and prevents odors.

VII. This Kitchen Cleaning Checklist Makes Tidying Up Easy

Wiping Down Is The First Step

The point is more than just trying to keep your kitchen tidy. Most importantly, you want to avoid exposing yourself, loved ones, and guests to allergens and bacteria that can cause food-borne illnesses. Bacteria can linger on utensils, cutting boards, sponges, kitchen sinks, and appliances. (Salmonella, which can be found on raw poultry, can linger for up to 32 hours in your kitchen.)



First, clean surfaces with a paper towel or another kitchen towel that you wash frequently. Remember that cleaning with warm, soapy water does not kill bacteria.

Don't Skip the Sanitizer

To help remove bacteria and reduce the number of pathogens in the kitchen, you have to sanitize your surfaces. You can make your own sanitizer or use a sanitizing wipe or spray, and then wipe everything down with a paper towel. After cleaning, make sure you wash your hands thoroughly with soapy water.

Everyday Kitchen Cleaning

With day-to-day grime wiped away, more thorough weekly and monthly cleanings aren't such a chore.

- Spray and wipe the countertops and range top.
Don't forget to clean splatters from the vent hood.
- Sweep the floor and wipe up spills.
- Scrub the sink with a general-purpose cleaner and wipe dry.
- Deal with dishes.
Unload clean dishes from the dishwasher and take care of hand-wash dishes as soon as possible.
- Tidy up and put away stray items.
Relocate anything that doesn't belong in the kitchen to its proper home.

Kitchen Cleaning Tasks for the Week

- Mop the floor.
You might need to mop more often if you have young children or pets in your household. Or messy cooks.
- Clean the exteriors of appliances.
That includes large appliances as well as small countertop appliances, such as coffee pots and toasters.
- Wipe the refrigerator door.
Clean up any smudges in the interior, too.
- Toss leftovers or refrigerated items that are past their prime.
- Scour and polish the sink.
Give a little extra attention to crevices and seams where gunk loves to hide.
Once the sink is finished, clean the faucet, too.

Monthly Routine for Kitchen Cleaning



- Wipe down cabinet doors and drawers.
- Clean the oven.
If you're hesitant to use oven cleaner, try scrubbing the inside with a combination of baking soda and white vinegar.
- Clean the refrigerator and sanitize its drip pan.
- Rinse out any drawer dividers or organizers.
They're great for bringing order to your kitchen, but they are dirt and crumb magnets.
- Give a little extra attention to the toe-kick area beneath your cabinets.
Crumbs and dirt tend to migrate here and hide during daily sweeping and weekly mopping.
- Dust the tops of cabinets and your refrigerator.
Give light fixtures a once-over.

Tips for Sticking to a Kitchen Cleaning Checklist

As you establish your own checklist, commit to your cleaning routine with a printed version. The visual presence of a checklist is a good reminder, and having something to check off lends a feeling of accomplishment.

Be Proactive

However, remember that this cleaning schedule isn't set in stone. Always tackle spills and messes as they occur, and be thorough. Spilled milk that splashes across the counter and onto the floor, for example, also tends to find its way into odd places. Open drawers and cabinets to assess the extent of the mess.

CONCLUSION

A healthy kitchen is built on mindful habits and regular upkeep. By following proven hygiene practices and maintaining order, one can protect against foodborne illnesses, promote wellness, and enjoy a safe cooking space every day.

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