



How to Clean the Kitchen - Monthly Tasks

- 1. Clean the oven. (You may need to do this more often if you have a large spill. It will be much easier to clean spills if you do it as soon as possible after they happen.)
 - a. If you have a self-cleaning oven, follow the manufacturer's instructions for using the self-cleaning feature.
 - b. If you don't have a self-cleaning oven, you will need to look up a DIY oven cleaning tutorial or to buy an oven cleaner and use it according to the instructions on the package.
 - c. NOTE: It is very important to carefully follow the instructions for cleaning your oven! The chemicals in the oven cleaner can be dangerous and should be used with care.

- 2. Clean the inside of the refrigerator.
 - a. You will probably need to remove everything from the inside of the fridge. If the fridge isn't too dirty, it may be possible to work around what's in there, but more than likely, you'll need to take everything out.
 - b. Once you remove everything, use warm, soapy water and a clean cloth to wipe all inside surfaces. Be sure to include the insides of drawers and the undersides of shelves as well as storage space in the doors, etc.
 - c. Once all inside surfaces are clean and dry, replace items in the fridge. You may need to wipe the outsides of, for example, ketchup bottles that have drips or other items that have drips or sticky places.
 - d. As you are replacing items in the fridge, be sure to throw away old expired food.
 - c. After you're done, place the cloth in the laundry to be washed.

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