



## SPRING CLEANING CHECKLIST

We recommend using non toxic cleaning products such as baking soda, white vinegar, liquid soap and/or refillable products from your local [Zero Waste store](#).  
Refer to our [blog post](#) for more information

### IN ALL ROOMS

- Dust light fixtures
- Replace all your HVAC filters
- Dust furniture from top to bottom
- Take down wall decor and dust walls and decorations
- Dust and clean blinds and baseboards with a damp cloth
- Wash all the curtains and pillows
- Clean windows and windowsills
- Clean all the door knobs, handles and light switches
- Purge junk drawers (we all have one! ;-)
- Check that electronic devices/electrical appliances work properly. If not, repair or recycle them.
- Shampoo carpets and rugs if baking soda doesn't work
- Vacuum and wipe down all the flooring, move furniture if possible

### Kitchen

#### Pantry and Cabinets

- Remove all the items in the pantry and cabinets
- Wipe down the shelves
- Check the expiration dates of your food items and discard if necessary, put the upcoming expiration dates in the front
- Get rid of chipped dishes, glasses, burnt pots and pans, worn out cookware
- Place everything back on the shelves neatly
- Dust the top of the cabinets

#### Fridge and freezer

- Remove all the items
- Wipe down the shelves
- Check the expiration dates of your food items and discard if necessary
- Place everything back on the shelves
- Put in the front, the items that need

### Bathroom

#### Bathroom cabinets and drawers

- Remove all the items
- Check the expiration dates of your personal care products. Do the same with prescription drugs (bring expired drugs to the pharmacy for proper recycling)
- Wipe down the shelves
- Place everything back

#### Shower and bathtub

- Scrub all the surfaces, don't forget the drains
- Unclog drains with baking soda, vinegar and hot water if necessary
- Wipe down the exterior of the cabinets, the mirrors, sink and faucet

<p>to be consumed first</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Vacuum below and behind your appliances if possible (vents will appreciate it)</li> </ul> <p><b>Cooktop and Oven</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Wipe down the cooktop and oven along with the burners and the oven racks.</li> <li><input type="checkbox"/> Clean the cooktop filters</li> <li><input type="checkbox"/> Degrease the backsplash</li> </ul> <p><b>Last but not least</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Wipe down all the cabinets, exterior of appliances, countertops, sink and faucet</li> </ul>	
<p><b>Bedroom</b></p>	<p><b>Living areas</b></p>
<p><b>Wardrobe, dresser, nightstands and closet</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Empty and wipe down the interior</li> <li><input type="checkbox"/> Sort through your belongings and make piles (see blog post)</li> <li><input type="checkbox"/> Place everything back</li> <li><input type="checkbox"/> Vacuum your mattress and underneath it. Rotate your mattress</li> <li><input type="checkbox"/> Wash linen, blankets and pillows</li> <li><input type="checkbox"/> Remove all the items that don't belong in the bedroom</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Tidy up working space</li> <li><input type="checkbox"/> Dust all furniture from top to bottom</li> <li><input type="checkbox"/> Vacuum sofas, carpets</li> <li><input type="checkbox"/> Treat wood and leather furniture to extend their lifespan</li> </ul>