



# CLEANING CHECKLIST AND ACTIVITIES

## Cleaning Checklist

This list is a quick guide to the steps of cleaning your kitchen. Try to complete most of this list before you sit down to eat. Check off items once they are complete.

- Put all of the ingredients away.
- Wash all the dishes, pots, pans, and utensils except those that are still being used. (**Tip:** Use warm water and sufficient soap when washing dishes. Use a dishwasher when available. They use less water than hand washing!)
- Dry and put away all the dishes, pots, pans, and utensils. (**TIP:** Dry and put knives away immediately after washing)
- Wipe down countertops, cutting boards, and worksurfaces (**TIP:** Use a soapy sponge or spray with a kitchen safe cleaner and wipe with a cloth)
- Wipe down the stovetop after it has cooled off.
- Clean walls, cabinet faces, or other surfaces that have splashes or spills.
- Sweep or mop the floor (**TIP:** Sweeping takes just a few minutes and leaves a space feeling much nicer!)
- Wipe out the sink and clear the drain trap if your sink has one.
- Rinse and wring dry the sponge or dishcloth (**TIP:** This is important to avoid bacterial growth that makes things smell funky)
- Hang up wet dish towels so they can dry.
- Take a step back and admire your clean kitchen!

## Cleaning Activities

Complete your cleaning checklist by choosing ONE of the following activities.

- **Beat the clock** - put 10 minutes on a timer and see how much you can get done. You'll be surprised how much you can get done!
- **Clean challenge** - have someone else score your cleaning job using the checklist/rubric above. Set a reward that you'll earn based on your score.
- **Divvy up tasks** - get a cleaning partner and decide who is doing what and race. Then do a quality check on each other's work.
- **Blast the music** - put on your favorite song, playlist, or album and clean while jamming.

**Practice presence** - Be present and in the moment when cleaning instead of rushing through. Slow down and observe your thoughts, notice sensations like the warmth of the water on your hands, or pay attention to your breath.