

Kitchen Appliance Cleaning Checklist

CleanMol - GTA and Simcoe County 2026

Your appliance-by-appliance upkeep list

1 Steam-clean the microwave weekly

Lemon or vinegar water on high for 3 to 4 minutes, then wipe. No sprays needed.

2 Rinse the dishwasher filter every week or two

Most odour starts in the filter at the base of the tub. Scrub the mesh under hot water.

3 Run a monthly dishwasher vinegar cycle

A cup of white vinegar on the top rack, hot cycle, empty. Clears grease and scale.

4 Wipe the fridge interior and seals monthly

Baking soda and water lifts spills and neutralizes odour without tainting food.

5 Deep clean the oven every 2 to 3 months

Baking-soda paste left overnight, then wipe. Skip the harsh fumes.

6 Vacuum the fridge coils twice a year

Dusty coils make the fridge work harder and raise your power bill.

CleanMol deep-cleans kitchens across the GTA and Simcoe County. Get a free quote.