



# Household Cleaning

## Develop a Plan for Cleaning

How often a home needs cleaning depends on the size and age of the house, its location, the season of the year, the size of the family and ages of its members, the number of pets, the type and style of furnishings, and the kinds of work and leisure activities the family does at home. Homes need cleaning more often when the family is large and does many things at home.

When planning your cleaning, remember that some cleaning jobs need to be done more often than others.

- Every day or every other day.
- Once a week.
- As needed.
- Seasonally (when a new season begins).

Remember to allow time for unexpected cleaning needs.

### Do These Jobs Every Day

#### **Kitchen**

Wash dishes  
Wipe counter tops, range and appliances  
Clean sink  
Empty garbage  
Sweep or damp-mop floor  
Clean table after every meal

#### **Living Room**

Tidy up  
Put away or throw out papers and magazines

#### **Bathroom**

Clean sink and tub  
Replace dirty towels  
Empty wastepaper basket

#### **Bedroom**

Make beds  
Put away clothes  
Straighten dresser tops and accessories

### Do These Jobs Every Week

#### **Kitchen**

Dispose of left-over foods  
Clean refrigerator (a good time to do this is the day before you do the weekly shopping)  
Clean floor  
Clean garbage pail

#### **Living Room**

Clean floors and rugs  
Dust and/or polish furniture  
Dust and clean lamps and other decorative objects

Clean spots from walls, woodwork and furniture  
Empty wastepaper baskets

### **Bathroom**

Wash floor  
Clean toilet bowl  
Wipe tile surfaces  
Clean mirrors  
Clean toothbrush holder and other fixtures

### **Bedroom**

Change sheets and pillow cases  
Clean floors  
Dust furniture  
Empty wastepaper basket

## **Do These Jobs As Needed**

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### **Kitchen**

Clean range top, burners and oven  
Clean cabinets, drawers and other storage areas  
Clean and wax floors  
Clean window sill, frame and glass  
Wash curtains  
Clean walls, woodwork and ceiling  
Defrost refrigerator

### **Living Room**

Move and clean under furniture  
Clean walls, woodwork and ceiling  
Clean furniture, light fixtures, lamps, pictures and appliances

### **Bathroom**

Clean walls, woodwork and ceiling  
Wash bathmat, bathroom rug, curtains and shower curtain  
Clean light fixtures  
Throw away old medicines and empty bottles  
Wash inside medicine cabinet

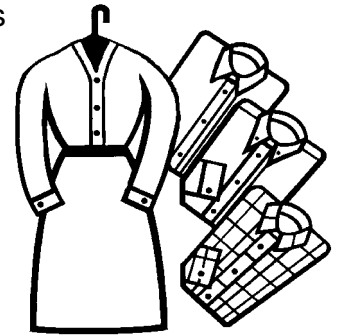
### **Bedroom**

Clean walls, woodwork and ceiling  
Clean and organize closets and dresser drawers  
Clean furniture, light fixtures, mirrors and pictures  
Wash windows, curtains, mattress cover and bedspread  
Move and clean under furniture

## **Do These Jobs Seasonally**

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Clean closets thoroughly  
Put away seasonal clothes and bedding  
Store holiday decorations, sports equipment and other seasonal items  
Store outdoor furniture  
Clean screens



## **Follow Your Plan**

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- Put it on the wall so everyone can see it
- Let family members change jobs now and then
- Be sure to include occasional or seasonal jobs

**Keep all cleaning products away from young children.**

*This factsheet was originally developed by Nayda I. Torres, Associate Professor, Family and Consumer Economics, Institute of Food and Agricultural Sciences, University of Florida. The material has been adapted for use in Tennessee by Martha Keel, Associate Professor, Family and Consumer Sciences – Housing and Environmental Health.*

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