

AIR FRYER

CLEANING GUIDE

Keep Your Air Fryer in Top Shape
The Complete Daily, Weekly & Monthly Cleaning System

Why This Guide Matters

A clean air fryer isn't just about making it last longer—it's about food safety, better taste, and optimal cooking performance. This guide provides everything you need to maintain your air fryer with minimal effort.

MarathonsAndMotivation.com

THE 2-MINUTE DAILY ROUTINE

Do this after EVERY use to prevent stuck-on messes forever!

Step 1: Act While Warm (30 seconds)

Remove the basket immediately after cooking and let cool for 2-3 minutes. Don't wait until after dinner!

Step 2: Wipe Main Unit (15 seconds)

While basket cools, dampen a cloth and wipe inside of main unit. Splatters come right off when warm.

Step 3: Soak Basket (5 minutes, hands-off)

Fill sink with hot soapy water. Drop basket in and let soak while you eat. The hot water does the work.

Step 4: Quick Scrub (1 minute)

Use soft sponge to scrub basket. Everything slides right off after soaking. Never use steel wool!

Step 5: Dry Completely (30 seconds)

Dry with clean towel or air dry completely. Never store damp parts—causes mold and smells.

■ **PRO TIP:** The hotter the water, the better. Hot water dissolves grease faster and makes everything easier to clean.

WEEKLY MAINTENANCE

(5 minutes every week)

- Check heating element for build-up
- Wipe exterior with damp cloth
- Check air vents for blockages
- Inspect drip tray and empty if needed
- Check basket for any damage to non-stick coating

MONTHLY DEEP CLEAN

(15-20 minutes once a month)

For the Basket & Tray:

The Baking Soda Paste Method

- Mix 2-3 tablespoons baking soda with just enough water to make a paste
- Spread paste on stubborn spots or stains
- Let sit for 15 minutes
- Scrub gently with soft sponge
- Rinse thoroughly and dry completely

For the Heating Element:

- Unplug and let cool completely
- Turn air fryer upside down
- Use damp cloth to gently wipe heating coil
- For stuck-on bits, use soft brush (old toothbrush works)
- Wipe again with clean damp cloth
- Let dry completely before using

For Heavy Grease Build-up:

- Fill basket with hot water and dish soap
- Add 2 tablespoons baking soda

- Let soak for 30 minutes to 1 hour
- Grease will lift right off with minimal scrubbing

PREVENTING STUCK-ON MESSSES

These hacks save you scrubbing time!

Parchment Paper Liners

Get perforated parchment liners made for air fryers. They catch drips and prevent sticking. Make sure they have holes for air circulation!

Light Oil Spray Before Cooking

Quick spray of oil in basket before adding food creates non-stick surface.

Avoid Aerosol Sprays

Aerosol cooking sprays damage non-stick coating over time. Use refillable spray bottle instead.

Line with Foil for Messy Foods

For sticky marinades, use foil with holes punched for airflow. Makes cleanup instant!

Water in Drip Tray

When cooking fatty proteins, add tablespoon of water to drip tray to catch grease and prevent smoke.

TROUBLESHOOTING COMMON ISSUES

Problem	Cause	Solution
Smoke	Grease build-up in drip tray	Empty and clean drip tray after every use. Add water when cooking fatty foods.
Weird Smell	Old food particles or grease	Deep clean everything. Air fry lemon halves at 400°F for 3 min. Wipe with vinegar.
Food Sticking	Worn coating or not enough oil	Use parchment liners. Increase oil slightly. Only use silicone/wood utensils.
Uneven Cooking	Blocked vents or dirty element	Clean air vents and heating element. Check for build-up blocking airflow.
White Residue	Hard water deposits	Soak in equal parts vinegar and water for 30 min. Scrub with soft brush.

WHAT NOT TO DO

Avoid these mistakes that damage your air fryer!

■ Don't Use Abrasive Scrubbers

Steel wool and scouring pads scratch non-stick coating. Once damaged, food sticks more and coating can flake into your food.

■ Don't Put in Dishwasher (Unless Manual Says OK)

High heat and harsh detergents damage many air fryer parts. Check your manual first!

■ Don't Use Harsh Chemicals

Oven cleaners, bleach, and ammonia damage coating and leave toxic residue. Stick to dish soap, baking soda, and vinegar.

■ Don't Submerge Main Unit

Main unit contains electrical components. NEVER put in water. Wipe with damp cloth only.

■ Don't Store When Damp

Storing wet parts creates mold, smells, and rust. Always dry completely first.

YOUR COMPLETE CLEANING SCHEDULE

Frequency	Tasks	Time
After Every Use	<ul style="list-style-type: none">• Wipe main unit• Soak basket• Quick scrub• Dry completely• Empty drip tray	2 min
Weekly	<ul style="list-style-type: none">• Check heating element• Wipe exterior• Check air vents• Inspect for damage	5 min
Monthly	<ul style="list-style-type: none">• Deep clean basket with baking soda• Clean heating element thoroughly• Deep clean drip tray• Clean all air vents• Freshen with lemon if needed	15-20 min

■ **SET REMINDERS:** Add monthly deep clean reminders to your phone calendar.
Future you will thank present you!

FOOD SAFETY PERSPECTIVE

Why cleaning matters from a registered nurse

As a registered nurse, I want to emphasize the health benefits of keeping your air fryer clean:

Prevents Cross-Contamination

Old food particles harbor bacteria that can contaminate your next meal. This is especially important after cooking raw poultry.

Reduces Allergen Transfer

Thorough cleaning prevents allergens (like peanut residue) from contaminating food for family members with allergies.

Improves Air Quality

Clean air fryers don't produce smoke from burning old grease, meaning better air quality in your kitchen.

Better Nutrient Preservation

A clean air fryer cooks more evenly, which helps preserve nutrients in your food.

Promotes Healthy Habits

When your air fryer is clean and ready to use, you're more likely to cook healthy meals at home instead of ordering takeout.

QUICK REFERENCE CHECKLIST

Print and post on your fridge!

- After cooking: Wipe warm, soak basket, scrub, dry
- Weekly: Check element and vents
- Monthly: Deep clean with baking soda paste
- Always: Use soft sponge only (never steel wool)
- Always: Dry completely before storing
- Never: Use aerosol sprays or harsh chemicals
- Never: Put main unit in water
- Emergency: Lemon + 400°F for smells
- For grease: Soak in baking soda + hot water
- For stuck-on: Baking soda paste for 15 min

Keep Your Air Fryer Clean, Keep Your Family Healthy!

A clean air fryer cooks better, lasts longer, and keeps your food safe. With this simple routine, you'll never have to face baked-on gunk again.

Bookmark this guide and reference it whenever you need a cleaning refresher. Your air fryer (and your taste buds) will thank you!

Happy air frying!

Angela, RN
Marathons and Motivation
MarathonsAndMotivation.com