

DE-CLUTTER

Get rid of all non-essential kitchen items and work on making your kitchen look like a showroom!

Go through the pantry, fridge and freezer and throw out all out of date food items. Then give all three areas a really thorough clean.

This new journey you're on is as much about cleansing the mind as your kitchen and dining area. You are starting afresh and by de-cluttering you are creating the start of your new lifestyle. Here's a small list of jobs that need to be done to help you de-clutter.



If it doesn't belong in the kitchen – relocate it or bin it.

Where possible, remove all non-kitchen utensils and items that are simply lying around and are not needed in the kitchen. It has always amazed me how much of the kids' stuff slowly settles in the nooks and crannies of the kitchen.



Use it or lose it

Take out all the kitchen utensils that you never use. Put them in a box in the garage and give the box away to the local Op Shop if you haven't used them in six months.



Tidy Up

Arrange your cupboards and shelves so that the things you use the most are easy to reach. You are more likely to want to spend time in your kitchen if it is well organised.



Containers and storage

Put dry goods / pantry food into storage containers and label each container with its contents and use by date (if perishable foods). If you find any out of date stock, or if you are not sure whether it is in date, throw it out – you can always replace it if you need to.



Clean your fridge

When cleaning the fridge remove all your food into a couple of big eskys, with ice packs, to keep the food cold. If you can take the shelves out of the fridge, wash them thoroughly. Once the fridge is clean and shelves are back in place, re-stock the fridge checking that everything is in date.