

weekend DECLUTTER *challenge*

the kitchen

THE FRIDGE

- ☐ Remove and dispose of cooked or fresh food over a week old.
- ☐ Check expiration dates and throw out expired condiments and other items.
- ☐ Wipe out the fridge with hot water and a disinfectant cleaner.

THE PANTRY

- ☐ Remove all items and separate into categories - canned fruit, canned vegetables, canned soup, dry cereal are just some ideas.
- ☐ Check expiration dates and throw out expired items.
- ☐ Wipe off shelves with hot water and disinfectant cleaner.

THE CUPBOARDS

- ☐ Pull out all cupboard contents.
- ☐ Discard broken, stained or scarred containers or plastic ones that don't have lids.
- ☐ Donate items you don't use. Stack remaining containers neatly on the shelves.

THE JUNK DRAWER

- ☐ Remove all items. Discard garbage or broken items.
- ☐ Divide items into categories - pens, pencils, notepads, rubber bands, lip balm, etc.
- ☐ Use organizers to keep items contained in the drawer. Desk organizers work well.

THE SMALL APPLIANCES

- ☐ Go through appliances. Donate any that don't get used frequently.
- ☐ Throw out any appliances that are broken or don't work right.