

7 DECLUTTERING STRATEGIES THAT WILL SAVE YOUR SANITY IN THE KITCHEN

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Step one: Read

Create an organized & healthy kitchen by incorporating at least three of the suggestions shown to the right.

When you organize a space, always leave room to grow - rule of thumb is 20% to 25%.

Plan to spend at least one hour on this exercise.

You may need more or less time, depending upon the current state of your kitchen, which is perfectly okay.

Making these changes, whether you spend ten minutes or ten hours, will help!

Go through the list first, then choose three.



Step two: Implement

Choose three and go for it!

- 1. Place items where you use them**—For example, put the pots and pans in the lower cabinets closest to the stove, and place the spices in the upper cabinets directly next to the stove or nearby.
- 2. Eliminate duplicates**—If you have more than one set of everyday dishes, consider rotating them with the seasons to unclutter your cabinet space. Store extras or better yet, donate or give them away.
- 3. Incorporate Lazy Susans to increase cabinet space**—This spinner works great for spices or canned goods. Pull-down spice racks also work well—they keep spices in place and allow you to take advantage of vertical shelf space.
- 4. Toss or replace chipped glassware**—For a family of four, have at least eight to ten glasses, perhaps different sizes. If you implement a system of washing up every night and/or running the dishwasher, then you'll have enough for each day.
- 5. Clean out the refrigerator and freezer on a regular basis**—Performing this task prior to going food shopping is a great way to make space for the fresh items you'll bring home.
- 6. Organize with guests in mind**—Does your kitchen organization make sense so if someone were looking for a drinking glass, they could easily find one?
- 7. Countertops are not for storage** —Countertops are valuable real estate in your kitchen. If you're using countertops to house items that are not used regularly, consider purging items in the cabinets to make more storage space.