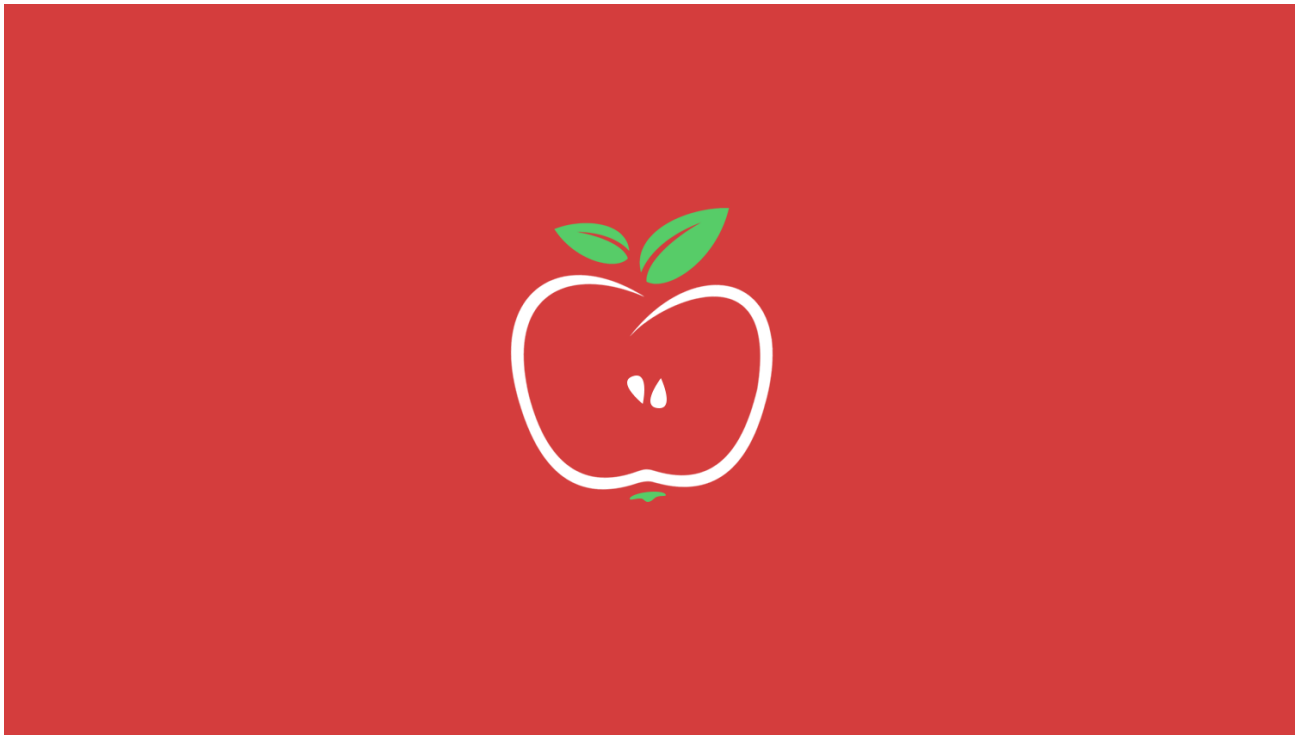
HEALTHY KITCHEN ORGANIZING CHECKLIST

We don't need resolutions…we need good habits. The kind that, when accomplished regularly in bite-sized chunks, get noticeable results. But!…in order to rock those habits, sometimes we need to jump in at ground zero, declutter, and organize the spaces where we need to form the habits.



REFRIGERATOR AND FREEZER:

- [ ] Purge outdated ingredients and using the when in doubt, throw it out rule.
- [ ] Label open containers with the date opened.
- [ ] Store your prepped vegetables in stackable containers so you can see them.
- [ ] Sanitize all shelf surfaces.

SPICES AND SEASONINGS:

- [ ] Purge outdated items (I.e., over a year old).
- [ ] Inventory, restock, and label.
- [ ] Money-saving tip: DIY your spices with jars you can refill at the bulk section of your local whole foods. They come with stickers, or you can get these stickers for jars you already own.

PANTRY

- [ ] It's the most wonderful time of year…to donate canned/boxed goods to local drives.
- [ ] Properly dispose of outdated canned/boxed foods.
- [ ] Don't rush to replace everything, only what's necessary. Enjoy the extra space!

FOOD STORAGE CONTAINERS

- [ ] Recycle mismatched, unusable containers.
- [ ] Make sure you're using food-grade storage containers I use Cambro and Systema and Ziploc storage containers. Here they are in my fridge:

COOKWARE AND BAKEWARE

- [ ] Organize cookware and match lids (recycle or donate mismatches).
- [ ] Get rid of nonstick cookware with scratched or flaked coating…this can't be good.
- [ ] Check out my affordable cookware recommendations (the ones I use & love).
- [ ] Check out this $14 solution to my bakeware and cutting board storage.

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