

# Clear Kitchen Clutter

## 1. Kitchen Area #1: Fridge & Freezer & Pantry:

- a. Check expiration dates and toss expired products.
- b. Clean out any trans fats and GMOs.
- c. Wipe down and/or wash shelves.

## 2. Kitchen Area #2: Utensil Drawers:

- a. Keep 1-2 the prettiest, most useful items and donate the rest (for example, instead of having 5 can openers, keep your best one and take the rest to Goodwill).

## 3. Kitchen Area #3: Cabinets:

- a. Find at least 3 unused kitchen gadgets or items and take them to Goodwill.