

# 7 Days of Decluttering

## FOR THE KITCHEN

..... Ordinary & Happy .....

<b>SUN</b>	<b>2</b> <b>2</b>	<b>Toss any expired pantry items.</b> Start with an easy decluttering win: tossing any items that are expired or no longer good.	<input type="checkbox"/>
<b>MON</b>	<b>2</b> <b>3</b>	<b>Set a 20-min timer and organize the pantry as best as you can.</b> Group the items in the pantry by category (e.g., grains, snacks, baking supplies). If possible, put the items you use most frequently at eye level. Use containers to organize smaller items like granola bars or chocolate. If you're pressed for time, just work on this for 20 minutes.	<input type="checkbox"/>
<b>TUE</b>	<b>2</b> <b>4</b>	<b>Tidy and organize the fridge, tossing expired items.</b> Remove things from the fridge and wipe the shelves. Return the items, grouping them by category. Use some refrigerator containers to organize smaller items like cheese or small condiment jars.	<input type="checkbox"/>
<b>WED</b>	<b>2</b> <b>5</b>	<b>Sort through your spice containers and toss any stale ones.</b> Check if the spices are still good and toss any stale ones. Combine the duplicates into one jar. Create a list of ones you need to restock. And finally, organize them in a way that makes sense for you, with the most-used spices being easiest to reach.	<input type="checkbox"/>
<b>THU</b>	<b>2</b> <b>6</b>	<b>Organize your food containers (toss/recycle stained containers or ones with missing lids).</b> Match lids to the containers. Toss anything that's stained or warped, as well as lids without containers and containers without lids. Recycle what you can.	<input type="checkbox"/>
<b>FRI</b>	<b>2</b> <b>7</b>	<b>Organize your utensils (recycle/donate ones you don't use).</b> Sort through your utensils, finding duplicates you no longer need. Give the ones you don't need away and recycle or toss any broken ones. Place your most-used utensils in an easy-to-reach spot.	<input type="checkbox"/>
<b>SAT</b>	<b>2</b> <b>8</b>	<b>Clear the kitchen counters and return only items you use daily/very frequently.</b> Relocate countertop items you don't use much from the counter to a cabinet. Only keep the items you need daily or frequently (e.g., coffee maker). Wipe the counters.	<input type="checkbox"/>