

*Kitchen: Decluttering + organizing for every small space that keeps the heart of the home running: food zones, prep tools, dishware, and storage spaces.*



## **WEEK 1: DECLUTTER FOOD ZONES — PANTRY, FRIDGE, FREEZER**

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- Day 1: Empty the pantry completely. Toss anything expired or stale.
- Day 2: Sort remaining items by category: snacks, baking, grains, canned, etc.
- Day 3: Clear out the fridge. Toss spoiled food, old condiments, and questionable leftovers.
- Day 4: Declutter the freezer. Get rid of freezer-burned, unlabeled, or mystery meals.
- Day 5: Inventory and toss items too old or unrecognizable. Group what remains.
- Day 6: Clean and wipe all shelves and bins in these food spaces.
- Day 7: Celebrate lighter, fresher storage zones!

## **WEEK 2: DECLUTTER TOOLS, DISHES & UNDER-SINK AREA**

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- Day 8: Go through everyday dishes. Remove chipped, mismatched, or unused items.
- Day 9: Declutter cups, mugs, and glasses. Keep favorites, release extras.
- Day 10: Sort silverware and serving utensils. Let go of extras and bent/broken pieces.
- Day 11: Declutter pots and pans. What do you actually use?
- Day 12: Purge old bakeware: warped pans, stained cookie sheets, etc.
- Day 13: Declutter small appliances — duplicates, broken, or unused ones go.
- Day 14: Pull everything out. Toss dried-up sponges, empty cleaners, broken tools.

## **WEEK 3: ORGANIZE FOOD ZONES + DISHES**

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- Day 15: Wipe it down and prep for an organizational reset.
- Day 16: Return pantry items by zone. Use bins for snacks, baskets for packets.
- Day 17: Label shelves or bins. Add a backstock bin for extras.
- Day 18: Group fridge items by type: dairy, produce, leftovers, etc.
- Day 19: Use bins or lazy Susans to make space efficient. Label as needed.
- Day 20: Create a freezer inventory list to tape nearby. Use bins for meats, veggies, or prepped meals.
- Day 21: Label or group bins for quick access. Use vertical space intentionally.

## **WEEK 4: ORGANIZE DISHES, TOOLS, & UNDER SINK**

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- Day 22: Organize silverware in trays. Keep most-used items easy to grab.
- Day 23: Nest cookware by size/type. Use vertical racks or lid holders if needed.
- Day 24: Place bakeware near the oven. Store flat pieces upright.
- Day 25: Store daily-use appliances on counters or within easy reach.
- Day 26: Group utensils by type in drawers or crocks. Purge duplicates if you spot more.
- Day 27: Use bins or caddies for cleaners. Hang gloves or towels if space allows.
- Day 28: Add a trash bag roll, backup dish soap, and a labeled overflow bin.
- Day 29: Wipe down cabinets, counters, and doors. Sweep, mop, or vacuum.
- Day 30: Light a candle, prep a favorite meal, and enjoy your fully reset kitchen!

