



“If you can organize your kitchen,  
you can organize your life.”

Do you have decade-old Jello mix or mystery leftovers hiding in your fridge? Spend more time searching for things than actually cooking? You're not alone.

Kitchens are busy hubs, and it doesn't take much for them to get out of control. If yours needs a little "zhuzh," try our 5-Day Mini Challenge! Each day tackles one small area so you can finish in a morning or afternoon – no need to do them consecutively. By the end, you'll have a kitchen that feels lighter, clearer, and easier to use.

Before you start, keep these tips in mind:

Empty the space you're working on and use a table or counter for sorting.

Sort everything into:

- Keep
- Toss (recycle/compost right away)
- Donate (drop off ASAP)
- Elsewhere (return to its rightful home).

Group like with like, and store items used together... together.

Use baskets or bins if they help – they don't need to be fancy, just functional.

Ready to get started? Let's Go!

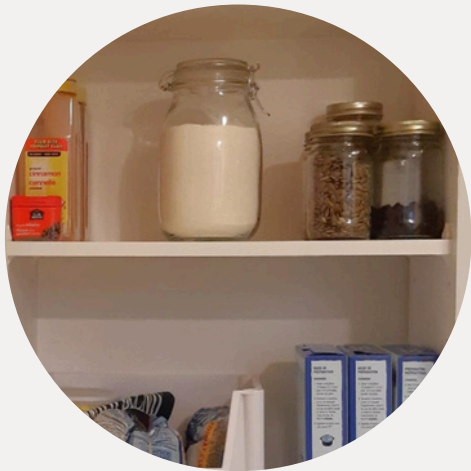


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## DAY 1 - PANTRY

Take everything out and put on the sorting table(s). Check expiry dates as you go – toss expired items straight into the compost and/or recycling or garbage.

Wipe down all the shelves and clean out any bins or baskets.

Start grouping all similar items together: condiments, seasonings/spices, canned goods, breakfast foods, pasta/grains/rice, etc.

Note how much storage space each grouping needs, heights of items, and how often they're used – put frequently used items on middle shelves and less frequently used items on top and bottom shelves.

As you start putting things back, note if certain things might be best stored in bins or baskets. Are some items in danger of toppling over easily? Place them in a bin. Do you use several things together? Put them together in a bin.

As you use the space, you'll probably have to tweak things – that's totally normal and expected.

And there you have it! Your pantry is now better organized than it was yesterday. Give yourself a pat on the back!





## DAY 2 - FRIDGE

Take everything out and put on the sorting table(s). Check expiry dates and get rid of any unrecognizable produce.

Toss expired items straight into the compost and/or recycling or garbage.

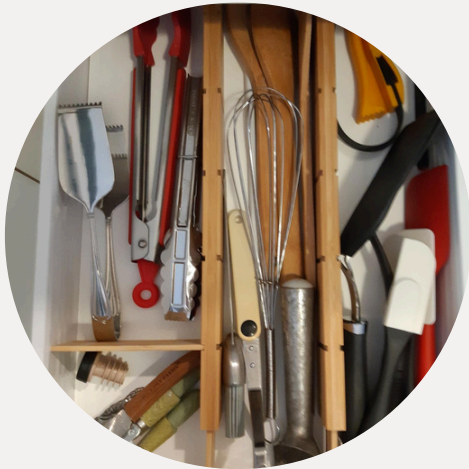
Wipe down all the shelves and clean out any bins or baskets.

Start grouping all similar items together: dairy, condiments/sauces, beverages, fruits and vegetables, leftovers, meats or proteins. It's best to store meats as low as possible in the fridge – that way if there's a leak, it won't drip over everything below it.

Note how much storage space each grouping needs, heights of items, and how accessible they need to be. As you start putting things back, note if certain things might be best stored in bins or baskets. Turntables (aka Lazy Susans) may also be helpful.

OK! Day 2 done! Fridge is looking much better – great job! Again, you'll have to tweak things as you use it to see what works best.





## DAY 3 - DRAWERS

If you have a lot of drawers, you might want to break these down further and tackle them over a couple of days.

Take everything out and put on the sorting table(s).

Wipe down all the drawers and clean out any bins or organizers.

Start grouping all similar items together: spatulas, knives, graters, peelers, tongs, etc.

As you sort, also consider the use of the item – if you have a lot of single-purpose tools when another multi-purpose tool will do, keep the multi-purpose one. If you don't use it – donate it!

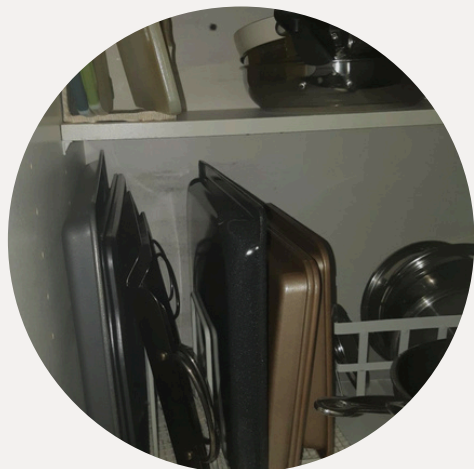
Keep a list of any organizing items that would be helpful – pick them up when you do errands.

Consider having a canister or other container to store your most frequently used items for cooking right beside your stove. This way, you don't need to reach into drawers or step away to get what you need.

Put everything you're keeping back into the drawers and admire your work!

Day 3 – Check! More than half-way!





## DAY 4 - PREP AREA & COOKWARE

Take everything out and put on the sorting table(s). Bit of a broken record, but it's important to see everything.

Wipe down all the shelves/drawers and clean out any bins or organizers.

Start grouping all similar items together: pots, pans, cutting boards, baking sheets, etc. Are there multiples of the same thing? Consider donating duplicates. As you sort, consider the best way to store – can cutting boards and baking sheets be stored vertically? Can pots be easily nested inside each other to save space? How can the pot lids be stored? With the pots? On the door? Note any organizing supplies you might need.

If you're an avid baker, consider organizing all your baking supplies and tools together, so when the urge to bake bread/cookies/cinnamon buns hits, everything will be in one place. (If you need someone to taste-test, call us!)

Put everything that's being kept back into cupboards/drawers. Keep a list of any organizing items that would be helpful – pick them up when you do errands. High-five to you! You're almost done – one more day!





## DAY 5 - FOOD STORAGE

Everyone has the messy food storage drawer or cupboard. You know - the one where you can't find the lid for the container. Or you have a lid but no container. Or you take one thing out and suddenly it's a

Tupperware avalanche. It's ok. We got you. You can do this!

Ok, last time. Take everything out and put on the sorting table(s).

Wipe down all the drawers and clean out any bins or organizers.

Get rid of anything that's broken or damaged. Doesn't have a matching lid or bottom? Bye bye. Start grouping all similar items together - how you do this is entirely up to you. We like to sort so similar shapes can nest inside each other. We also keep glass containers together and plastic with other plastic containers.

As you sort, also consider how often you use the item - less frequently used can be stored higher or lower. Try to keep food storage containers near where you would use them so they can be easily popped into the fridge - leftovers for lunch tomorrow!

OK you did it! You've organized your kitchen in 5 days! Amazing - your kitchen will function much better, things will be easier to find, and cleanup will be a breeze.

## NOW, WHAT WILL YOU TACKLE NEXT?



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