



Simplify My Life Challenge

JANUARY DECLUTTER CHECKLIST – KITCHEN

- EMPTY AND STACK DISHWASHER
- REMOVE EVERYTHING NON-ESSENTIAL FROM BENCH
- WIPE DOWN BENCHES, CUPBOARDS, DRAWERS AND DOORS
- WIPE DOWN APPLIANCES
- CLEAN MICROWAVE
- CLEAN DISHWASHER
- CLEAN OVEN
- EMPTY FRIDGE AND REMOVE ROTTEN & EXPIRED FOOD
- CLEAN FRIDGE THOROUGHLY REMOVING SHELVES AND DRAWERS
- RETURN FRIDGE ITEMS NEATLY
- DEFROST AND CLEAN FREEZER
- EMPTY PANTRY AND CLEAN SHELVES
- SORT PANTRY ITEMS THROWING AWAY EXPIRED ITEMS OR ANYTHING YOU WILL NOT USE
- ORGANISE AND RETURN ITEMS IN PANTRY
- EMPTY PLASTIC CUPBOARD AND REMOVE ANYTHING YOU ARE UNLIKELY TO USE
- SORT EACH CUPBOARD AND DRAWER, REMOVING UNNECESSARY ITEMS SUCH AS ANYTHING THAT HAS NOT BEEN USED IN 12 MONTHS
- SORT APPLIANCES REMOVING ANYTHING NOT USED IN 12 MONTHS
- SORT ITEMS IN BOXES (FOR EXAMPLE: TO SELL, TO DONATE, RUBBISH)
- SORT ITEMS REMOVED FROM BENCH AND PLACE IN CORRECT HOME
- REMOVE ALL NON-KITCHEN ITEMS FROM KITCHEN
- SORT UNDER SINK, THROWING AWAY ANYTHING OLD, EXPIRED OR NO LONGER NEEDED
- ORGANISE AND RETURN ITEMS UNDER SINK
- VACUUM AND MOP FLOORS
- DISPOSE OF YOUR BOXED UNWANTED ITEMS WITHIN 1 WEEK