

Project: Simplify

Hot Spot #4 | Pantry & Fridge



Here are the tools you'll need this week:

- Trash can, compost bin, or both
- Pen and labels (or paper and tape, to make the labels)
- Warm, soapy water
- Baking soda
- Jars and other containers (repurposed, if possible)
- cleaning supplies (check Appendix A of *Organized Simplicity*)

Here's the basic plan for attacking your pantry & fridge:

1. Empty out the pantry. If it saves your sanity, start with one shelf at a time and do the entire process there before moving on to the next shelf.
2. Handle each item. Toss the expired items in the trash can or compost bin (head here to learn what can be composted). Also get rid of any items you think you simply won't eat anymore.
3. Clean the pantry. I like using my simple all-purpose cleaner found in Appendix A of my book.
4. Corral ingredients and staples in a more visible container. Nuts, dried beans, grains bought in bulk, and most baking staples work wonderfully in large glass jars.
5. Restock the pantry in a way that makes sense of your space and the way you cook.
6. Repeat with the fridge, taking care to scrub the stinky parts with soapy water. Add an open box of baking soda inside, which helps neutralize odors.
7. If you have time, work on your cabinets, drawers, gadget storage, and other parts of your kitchen.