



THE LESS MESS CHALLENGE

WEEK 2: THE KITCHEN

A Little Less Mess (30 minutes):

- Hit a few hot clutter spots such as food storage, utensil drawers, and pots and pans. Donate or toss anything in poor shape, without a match, or anything you don't use.
- Do a quick fridge reset and toss any old food.
- Do a quick pantry reset and check for old food and empty boxes.
- Clear counters.

Less Mess (60 minutes):

- Choose 3-4 of your messiest drawers and cabinets and clean them out.
- Do a quick reset/declutter of all remaining cabinets. Tackle pain points.
- Do a quick reset in your fridge and pantry.
- Wipe down the fronts of all appliances and the inside of the microwave.
- Move things off the counter, wipe behind them, and replace them.

A Lot Less Mess (2+ hours):

- Go through each and every cabinet and drawer, emptying, cleaning, purging, and putting back only what is loved and needed.
- Consider item placement. Are items where you use them? Are items you use together close? Keep items you use frequently closer at hand.
- Adjust shelf heights, as needed. Waste as little vertical space as possible.
- Wipe off cabinet fronts and handles.

Pantry:

- Remove all food from pantry. Sort by type, toss expired food.
- Wipe pantry shelves and clean the floor.
- Consider using bins to group like pantry items.
- Consider decanting some items into canisters or jars.
- Put items back into pantry in zones.
- Label any bins.
- Consider placing snacks low for kids to grab independently.

Fridge & Freezer

- Remove all food, shelves, and drawers from fridge.
- Sort through food, let go of anything old or unloved.
- Wash all shelves and drawers in warm soapy water. Dry. Return to fridge in a placement that makes sense for what you store.
- Add food back to fridge, but sort into zones.

Final Cleaning

- Clean all counters one final time.
- Clean all appliances.
- Wipe all light fixtures and switches.
- Wipe baseboards.
- Vacuum and mop the floor.

To Do List:

Shopping List:
