

# 2017 *Declutter Challenge*

## Checklist For *January*

### Kitchen & Pantry

Give yourself a fresh start for the New Year with a clean kitchen, decluttered cabinets and a healthy pantry and fridge.

- Toss worn dish towels or cut them up to make rags
- Sell or give away specialty small appliances and tools you seldom or never use
- Recycle or toss freebie cups and Tupperware containers without lids
- Toss expired food and spices
- Take stock of cookware and dishes; give away or sell pieces you do not need

Habit to cultivate: Clean out the pantry and fridge each week before shopping.



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