

Kitchen Edition

Cleaning & Organization

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Items to Toss

Expired food in the pantry	Kitchen utensils you have doubles of
Excess plastic cups or coffee mugs	Frying pans that are worn out
Stained kitchen towels	Take out packets
Burned potholders/hot pads	Old kitchen tablecloths
Expired seasonings/spices	Chipped or broken dishes
Pots & Pans you don't use	Kcups you will never drink
Vases you no longer need or want	Worn out plastic storage containers
Kitchen gadgets you no longer want or need	Extra plastic lids
Small unused appliances	Plastic trash bags from the grocery store
Old or unused kitchen cleaners	Any canned food you never plan to eat
Old scrub pads	Cleaners that are almost empty
Old soap containers	

Items to clean

Clean Oven	Dust and wipe down the light fixtures
Clean inside and front of refrigerator	Clean the table/chairs/bar stools
Pull out the refrigerator and clean behind it	Wash the inside and outside windows
Clean inside of the microwave	Wash kitchen curtains
Clean countertops	Wipe down blinds
Clean backsplash	Vacuum/Wash rugs
Clean the sink area	Mop floors
Empty and wipe down each cupboard	Wipe down vents
Wipe down the front of each cupboard cabinet	Wipe down baseboards
Clean the coffeemaker and other small appliances	Empty trash

Take the challenge to get organized!

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