

FRIDGE & FREEZER DECLUTTER CHECKLIST

- ☐ Clear off your kitchen table or counter completely to use it as a catch-all.
- ☐ Take everything out of your fridge.
- ☐ Check the dates of your food and condiments, toss anything that is expired.
- ☐ Take out all of the shelves, drawers, crispers, and trays and wash them as per their instructions.
- ☐ Wipe down the inside of the refrigerator and place all parts back.
- ☐ Replace the food into your refrigerator, organizing like items together. Ex: cooked food, leftovers; condiments, eggs and dairy, meats, fruits, and vegetables, and so on.
- ☐ Repeat the same process of remove, purge, clean, replace with your freezer.
- ☐ Take everything off of the outside of your fridge and give the surface a good cleaning. Place only a few magnets back.
- ☐ To keep your fridge neat and organized, give it a weekly pick up and clean before you do your groceries.