



The Organised You

TAKE BACK YOUR LIFE

KITCHEN ORGANISATION CHEAT SHEET

CREATE A MORE EFFICIENT & ORGANISED KITCHEN
WITH THESE HANDY TIPS & TRICKS

THE KITCHEN ZONES

Everyday items

Store plates, bowls, cups, mugs and cutlery within easy access to dishwasher and kitchen table

Cookware

Pots, pans and cooking utensils should be stored near the stove

Cooking additions

Keep sauces, oils and spices near the cooking prep zone so they can be easily added to meals as you're cooking

Preparation

Measuring equipment, jugs, food processor and knives should be easy to access when you're preparing meals

Storage

Keep storage containers, plastic wraps and wrapping and labels near the fridge and pantry to make it easy to deal with putting the leftovers away

CABINETS

* Use a standing divider to store pans, trays and baking sheets upright

* Use the back of the door as added storage e.g for spice racks, a paper towel holder, or to hold food wraps in an upright file folder

* A Lazy Susan or carousel makes items in corner cabinets easier to access

* Attach a cork or metal sheet to the back of the door to pin a weekly meal plan, recipes, baking conversions or shopping list

DRAWERS

* Drawer dividers or plastic baskets will keep different categories separated and organised

* Place frequently used items at the front of the drawer so they're easier to access

* Group like items together within drawers and cabinets i.e. bakeware, pots and pans, storage containers, mixing bowls, crockery etc

* Nest pots, pans and mixing bowls according to size

COOKING ZONE

* Label spices and arrange the containers alphabetically to make it easy to find what you need when cooking

* Store your most-used cooking utensils in a utensil holder next to the stovetop

* If you don't use your microwave regularly, consider storing it inside a cabinet or on a shelf

* Store your knives in a knife tray in a drawer, or on a metal rack attached to the wall

BENCHTOPS

* Decide whether having items out on your benchtops is really 'convenient' or taking up precious food prep space - which items do you actually use *the most*?

* Utilise vertical wall space where possible

* If your kitchen benches are full of clutter, assess exactly what keeps ending up here & set up organised systems elsewhere (i.e. paperwork filing system, command centre) to keep the benches clear

PANTRY

- * Divide your pantry into zones so you can find everything easily - baking, sides, snacks, canned goods, sauces, spices etc
- * Use baskets or bins to hold groups of items or surplus food/double ups

- * Put pantry items in containers to maintain freshness and encourage them to last longer
- * Clear containers or wire baskets allow you to easily see what you have and what needs to be stocked up

FRIDGE & FREEZER

- * Store your food in 'zones' in the fridge - lunch items, condiments, vegetables, fruit, snacks, leftovers, defrosting
- * Pull-out handled baskets that store these categories are easy to grab-and-go (label these for added convenience!)

- * Freezing leftover portions flat in ziplock bags that you can 'file' is a great freezer space-saver
- * Use magazine holders upright or stacked on their side to hold groups of items (great in a chest freezer too)



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Looking for more ideas and strategies for creating an organised kitchen that saves you time, energy and effort on a daily basis?

Check out 'Clever Kitchens' - a step-by-step guide and video workshop that will show you exactly how you can achieve kitchen organisation bliss!

Visit:

<http://courses.theorganisedyou.com/p/clever-kitchens>