

WEEK 1

WEEK 2

WEEK 3

WEEK 4

The Pantry

Cleaning out your pantry and creating organization systems can lead to less chaos in the kitchen and ultimately better food choices and eating habits.

Remember Focus Points

- Ask Yourself 4 Questions
- Perform Power Purge
- Re-think the Space
- Contain

NOTES

Where to Start

- Pull everything out & sort into categories
- Wipe down all surfaces
- Toss/donate items you no longer need. Check expiration dates & toss expired items
- Group remaining food into storage containers/bins
- Arrange groupings that work best in your space for ease & function in your household
- If buy in bulk, consider an out-of-sight backstock area that you can “shop” before going to store
- Consider your primary real estate, what do you use most often that you want in easy reach (cooking, breakfast, snack items)
- Try to get everything off the floor

BUZZ Tips

- Consider decanting commonly used foods for freshness & easy access (baking, pasta, snacks, etc.)
- Utilize clear bins to easily see all items, & label in broad categories
- Arrange grab-and-go bars, snacks, teas, etc. out of their boxes and into individual bins
- Use turn tables for oils & vinegars
- Use stadium shelving for cans
- Display entertainment pieces
- Make use of vertical space too (stacking bins)