

Decluttering Cheat Sheet

BECAUSE I SAID SO, BABY | FOR PERSONAL USE ONLY

KITCHEN FRIDGE/FREEZER

TOSS IT!

- OLD/RANCID
- EXPIRED
- Freezer- Burned
- UNIDENTIFIABLE (Gravy – or IS THAT caramel sauce??)

Organize IT!

- CONSOLIDATE FOODS THAT ARE THE SAME INTO THE SAME STORAGE CONTAINER
- DESIGNATE CERTAIN SHELVES FOR CERTAIN ITEMS LIKE YOGURTS, CONDIMENTS, LEFTOVERS, ETC.

PANTRY

TOSS IT!

- OLD
- EXPIRED (SOME THINGS LIKE CRACKERS YOU CAN TOSS IN THE LAKE FOR THE DUCKS)

DONATE IT!

- FOOD THAT IS STILL GOOD (NOT OLD OR EXPIRED) BUT YOU KNOW YOU'LL NEVER EAT

Organize IT!

- CONSOLIDATE DRY FOODS THAT ARE THE SAME (SUCH AS PASTA OR RICE) INTO THE SAME STORAGE CONTAINER

JUNK DRAWER/ MAIL CENTER

TOSS IT!

- BROKEN OR UNUSABLE PENS OR PENCILS

RECYCLE IT!

- DUPLICATE/OLD TAKEOUT MENUS
- POST-ITS THAT DON'T STICK
- OLD BUSINESS CARDS
- EXPIRED COUPONS
- BROKEN CHARGERS

SHRED IT!

- OLD MAIL (WITH YOUR NAME/ADDRESS)
- CHECKS WITH OLD BANK ACCOUNT NUMBERS
- OLD RECEIPTS

DRAWERS/CUPBOARDS

RECYCLE IT!

- TUPPERWARE WITH NO MATCHING LID/BOTTOM
- TUPPERWARE THAT IS SCRATCHED OR STAINED
- BROKEN KITCHEN APPLIANCES (BLENDER, TOASTER, ETC.)
- BROKEN OR CHIPPED PLATES, DISHES, OR CUPS

DONATE IT!

- MEASURING CUPS OR SPOONS THAT AREN'T A FULL SET
- OLD CASSEPOLE DISHES

DIAPER BAG

TOSS IT!

- BROKEN TOYS
- BROKEN CRAYONS
- RANDOM KNICK-KNACKS

RECYCLE IT!

- EMPTY WIPES CONTAINERS
- EMPTY TOILETRIES BOTTLES (HAND SANITIZER, DIAPER CREAM, LOTION, ETC.)
- TORN BOOKS/MAGAZINES/PAPERS

DONATE IT!

- DIAPERS THAT ARE TOO SMALL
- EXTRA CHANGE OF CLOTHES (TOO SMALL, OUTGROWN, NO LONGER NEEDED, ETC.)

PLAYROOM

TOSS IT OR RECYCLE IT!

- TOYS OR PUZZLES WITH BROKEN OR MISSING PIECES
- RANDOM MISMATCHED TOYS
- BROKEN CRAYONS
- RIPPED BOOKS OR BOOKS WITH MISSING PAGES

DONATE IT!

- TOYS, STUFFED ANIMALS, PUZZLES, OR BOOKS THAT HAVE NOT BEEN PLAYED WITH IN A WHILE OR ARE NO LONGER AGE-APPROPRIATE
- DUPLICATES – NO ONE NEEDS TWO OF THE SAME BOOK, TOY OR STUFFED ANIMAL – UNLESS IT'S VERY SENTIMENTAL, IT'S UNNECESSARY CLUTTER

BATHROOM

TOSS IT!

- OLD BARS OF SOAP
- OLD LOOFAHS
- DULL RAZORS (SAFELY!)

RECYCLE IT!

- EMPTY SHAMPOO OR CONDITIONER BOTTLES
- EMPTY BODY WASH OR FACE WASH

BEDROOM

DONATE IT!

- CLOTHES YOU HAVEN'T WORN IN AWHILE
- CLOTHES THAT DON'T FIT ANYMORE
- UNCOMFORTABLE SHOES OR SHOES THAT DON'T FIT
- OLD PURSES/WALLETS YOU DON'T USE

TOSS IT!

- TOSS OUT ANY RIPPED UNDERWEAR, SOCKS, OR TIGHTS, LOOSE BUTTONS, DONATE BRAS THAT DON'T FIT, OLD T-SHIRTS, MISMATCHED SOCKS, AND BATHING SUITS THAT DON'T FIT.