

15-MINUTE Kitchen Clean Up

- Gather all of your needed supplies in one container or cabinet.
- Fill your sink with hot, soapy water.
- Scrape off all the dishes into the trash or garbage disposal.
- Place dishes that need to soak into the water.
- Clear excess trash from floor, counters, and cabinets.
- Remove items that don't belong in kitchen and put in clutter countdown basket.
- Put out-of-place kitchen items back where they belong.
- Load the dishwasher or wash by hand.
- Wipe down countertop, appliances, and sink.
- Sweep and spot clean with rag, mop, or vacuum.
- Empty trash (keep extra garbage bags at bottom of trash).
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Cleaning Supplies

- Trash container, extra bags.
- De-clutter basket for non-kitchen items.
- Dish soap
- All-purpose cleaner, baking soda
- Dishrag or sponge
- Scrubber for stuck-on food
- Broom, mop, or vacuum
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Nightly Nudge

- Put away all food.
- Put clean dishes in the cabinet, dirty dishes in the dishwasher, and run the dishwasher.
- Soak any large pots or pans. Better yet, wash and put away.
- Return kitchen items to designated spot.
- Wipe down the sink, counters, table, and stove.
- Take out trash if overflowing.
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CLUTTER
countdown