Kitchen Inventory *(hint: use handy forms attached!)*

<u>The Fridge</u>

1. Clean it out. Throw away expired items or anything full of junky ingredients. Wipe down shelves and drawers.
2. Take inventory. Make a list of items you want to have in stock regularly.
3. Strategically re-stock.
    a. Put no-so-healthy items in the way back
    b. Put fruits and vegetables on the main shelves so you remember to cook with them.
    c. Chop and wash produce and pus some in easy-to-grab containers or baggies in the front of the fridge.
    d. Places leftovers that need to be eaten in easy-to-find spots and even label them.
    e. Minimize space for extra drinks.
4. Assess.
    a. Which items were the easiest to toss? Which were the hardest?
    b. How confident are you that you will follow your shopping list of staple items? If low confidence, what do you need to increase this confidence?
    c. How does the post-makeover fridge look compared to before? How did your family react?

<u>The Pantry</u>

1. Empty it out completely.
2. Take inventory. Throw away anything expired or outdated. Throw away anything with high amounts of added sugar or salt. It's ok to hold onto ingredients that are needed for occasional cooking (such as brown sugar), but put these in out-of-sight places.
3. Strategically re-stock.
    a. Keep not-so-healthy ingredients in the back and out of sight.
    b. For party or special occasion foods, consider have a high shelf dedicated to these and label them for the occasion.
    c. Keep plenty of healthy snacks up front on easy-to-reach shelves.
    d. Be sure to stock up on dried herbs and spices for adding flavor to meals.

<u>The Countertop</u>

1. Clear the clutter. Create a file bin or organization system for paper "stuff." Get rid of candy bowls or unhealthy snacks that are left out.
2. Take inventory and re-organize. Keep a fruit and vegetable bowl or basket out on the counter and stocked. Place it in a high traffic area or experiment to find the most utilized place.
3. Consider an herb garden on the counter or outside the kitchen window.

Refrigerator

Item	Purchaser	Reason for Purchase	Go, Slow or Whoa?	Toss or Keep?

Pantry

Item	Purchaser	Reason for Purchase	Go, Slow or Whoa?	Toss or Keep?

Countertop

Item	Purchaser	Reason for Purchase	Go, Slow or Whoa?	Toss or Keep?