



Kitchen Cleanout

It may take a couple of hours to give your fridge, freezer, cupboards and shelves a thorough clean but the time and financial savings you'll make in the long term will be well worth it. You may find that the kitchen make-over may just be the motivation you need to refocus on healthier meals and revitalise your culinary skills too! So where do we start?

Take Stock

Remove everything from your cupboards and place them on the kitchen counter. Give the cupboards a good clean. Now's the time to be ruthless! Go through all the food items and throw away anything past its use by date, haven't used in more than 3 months and the items that were a good idea at the time but you haven't used!! Keep track of the items nearly on their way out too.

Kitchen Efficiency

Store food in airtight containers. Choose clear ones so its easier to find what you're looking for, and if you're going to keep food in its original packaging squeeze any air out of the packet first before resealing it. If you're really short on space look at purchasing square containers, round ones take up more space! Cut out the nutritional information and place in the container with the food so you've got the best before dates.

Put all the healthy stuff at the front!

Without realising it where you place foods in your cupboard influence your eating habits. You're more likely to eat those biscuits if they're the first thing you see when you open the cupboard! So before you restock your nice clean cupboards plan where everything will go. Keep foods you would like to eat more of at eye level and at the front (supermarkets do this when they want you to buy something). Items you use all the time like tinned tomatoes, tuna, sweetcorn, beans etc can be placed in a less obvious spot as you're less likely to forget about these staples. It also makes sense to group foods together e.g. herbs, spices, condiments etc on the same shelf. Pasta, rice, couscous, lentils on another and so on and so on.

Now that old saying comes to mind here, "out of sight out of mind" the foods you're trying to cut out of your diet can be placed in those hard to reach out of sight places!

Hope this gets you started and would love to hear your tips and tricks with kitchen goods.