Kitchen weekend checklist

One weekend, four short sessions. Tick as you go. Stop when you are tired; the rest can wait for next weekend.

Friday evening: 15 minutes

- [ ] Clear the counters into a box
- [ ] Wipe the counters
- [ ] Take a photo of each cabinet and drawer
- [ ] Set out four bags: keep, move, donate, trash

Saturday morning: counters, drawers, cutlery

- [ ] Put back only the things you use daily (aim for three)
- [ ] Empty one drawer at a time and wipe it
- [ ] Sort the drawer: keep, move, let go
- [ ] Add dividers or small boxes
- [ ] Put the most-used items at the front

Saturday afternoon: cabinets and pots

- [ ] Empty one cabinet at a time
- [ ] Match lids and containers, toss strays
- [ ] Put heavy items low and light ones high
- [ ] Keep daily plates, mugs and glasses near the dishwasher

Safe reaching

Use a stable step stool for high shelves. Never climb on a counter or a chair with wheels.

Kitchen weekend checklist, part 2

Pantry, fridge and the habit that keeps it going.

Sunday morning: pantry and fridge

- [ ] Check the dates on cans, jars and spices
- [ ] Group the pantry by use: breakfast, cooking, baking, snacks
- [ ] Label the shelf edges
- [ ] Wipe the fridge shelves and toss old items
- [ ] Put an "eat first" box at the front of the fridge

Sunday afternoon: finish line

- [ ] Take the donation bag to the car
- [ ] Take the trash and recycling out
- [ ] Put everything that does not belong back in its room
- [ ] Take an "after" photo

The ten-minute reset, each evening

- [ ] Dishes done or in the dishwasher
- [ ] Counters wiped and back to three things
- [ ] Sink empty
- [ ] Anything that wandered in goes home

The one change I will keep up for a week

Read labels before using any cleaning product, never mix cleaning products and keep them away from food, children and pets.