



Kitchen and Pantry Quick Cleanout

Fresh Start Checklist

Foods

- ☐ Expired fridge condiments and sauces
- ☐ Expired canned and packaged goods
- ☐ Herbs & spices over 18 months old
- ☐ Mystery freezer packages
- ☐ Oils over 1 year old (except olive & coconut which are good for 2 yrs)

Hard Kitchen Utensils

- ☐ Broken dishes or glasses
- ☐ Containers, jars & bottles without lids
- ☐ Dented or damaged pots & pans
- ☐ Duplicate tools or equipment (not used)
- ☐ Plastic containers & water bottles
- ☐ Teflon
- ☐ Unused appliances over 2 years old

SOFT Kitchen Utensils

- ☐ Burned or damaged oven mitts
- ☐ Old grotty sponges & scrubbies
- ☐ Ripped or frayed kitchen towels



**Completely
Essential
Nutrition**