

## **Kitchen Makeover Checklist**

Use this simple, step-by-step checklist to hit RESET on your kitchen, clear out the junk and set yourself up for success.

- Gather supplies:
  - 1-2 garbage bags
  - 1-2 reusable or brown bags
- Sort pantry food into 3 piles: keep, donate, trash
- Sort cupboard food into 3 piles: keep, donate, trash
- Sort refrigerator food into 3 piles: keep, donate, trash
- \*Bonus step\** deep clean your pantry, cupboards and fridge!
- Organize and replace all food that you are keeping
- Bring all donations to a local food pantry
- Print your Healthy Eating Grocery List
- Circle 2-3 items in every category to start to restock
- Head to the store!