

KITCHEN DECLUTTER CHECKLIST



Cookware & Bakeware

- Extra pots and pans you never use
- Duplicate frying pans or saucepans
- Rusty or warped baking sheets
- Old muffin tins, cake pans, or pie plates you never bake with
- Slow cookers, air fryers, or appliances that just take up space
- Worn-out or unused baking utensils

Utensils & Tools

- Duplicate spatulas, spoons, or tongs
- Broken or melted utensils
- Specialty gadgets you never reach for (banana slicer, avocado cutter, etc.)
- Dull or duplicate knives
- Extra measuring cups and spoons
- Old cutting boards in poor shape

Dishes & Glassware

- Chipped or cracked plates and bowls
- Mismatched glasses, mugs, or cups
- Plastic cups and containers missing lids
- More dishes than your household needs
- Old kids' dishes your children have outgrown

Food & Pantry Items

- Expired canned goods or condiments
- Spices that are years old or never used
- Duplicate ingredients
- Open snacks or grains past their freshness date
- Old baking supplies (flour, sugar, etc.)
- Plastic bags, twist ties, or take-out sauces piling up

Small Appliances & Electronics

- Appliances that don't work properly
- Duplicates (two blenders, two toasters, etc.)
- Appliances you rarely use (waffle maker, fondue pot)
- Old cords or instruction manuals

Storage Containers & Organization

- Containers without lids (or lids without containers)
- Stained or warped plastic containers
- Old lunch boxes or water bottles
- Extra jars, vases, or glass bottles you never reuse
- Random baskets or bins that no longer fit your space

Cookbooks & Paper Items

- Cookbooks you never open
- Printed recipes you can find online
- Expired coupons or old receipts
- Take-out menus (just keep digital versions)

Cleaning Supplies

- Empty or nearly empty bottles
- Duplicate cleaning sprays
- Old sponges or dish brushes
- Worn kitchen towels or rags

Miscellaneous Kitchen Items

- Magnets or papers cluttering the fridge
- Old tablecloths, placemats, or napkins
- Candles or décor items that don't fit your style
- Excess reusable grocery bags
- Junk drawer odds and ends (pens, batteries, rubber bands, etc.)

