

SEE IT. MAP IT. DO IT.©

# ORGANIZE YOUR PANTRY

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## SEE IT

SEE IT - Take a look at where you are now. Have each person answer the questions below. When you are done, take time to share with each other.

- What's working? You can be specific or general.
- What do you love about the look, feel and function?
- Are there things you know you want to change?
- What isn't working? What don't you like?
- Do you have easy access to everything? Are shelves labeled?
- Are there things in your pantry that don't belong there?
- Are you storing items besides food, like servings dishes, and appliances?

## MAP IT

MAP IT - Make a written plan for what you want. Go after what you really desire. The energy in your pantry contributes to how you eat and how you feel about yourself and your nourishment.

- How do you want your pantry to look, feel and function?
- Create an online board of images that inspire you.
- Create a mind map showing all the elements you want.
- Do you to store items such as serving dishes, and small appliances?
- Do you have a system for rotating new food purchases and using the older items first, like FIFO (first in, first out)?

## DO IT

DO IT - Take the steps to make it happen. Look on your calendar and set up time for the transformation! You are going to love this.

- Choose which area you want to start with. We suggest starting small and building up from there. For example, you could clear out expired food and then do different categories such as canned goods, snacks, etc.
- Go through the **S.T.A.C.K.S.© System** for the area (Sort, Toss, Assign, Contain, Keep it up, Simplify). By following S.T.A.C.K.S.© the project will be easier and you will save money. Go to [www.clearsimple.com/systems](http://www.clearsimple.com/systems).
- Shop for the shelving and containers you really want and need.
- Once you complete each part of the project, take time to celebrate. We are certain you will feel empowered around food choices and enjoy cooking for yourself and loved ones.

[www.clearsimple.com/organizekitchen](http://www.clearsimple.com/organizekitchen)



The Clear & Simple Way  
to transform your life.