

Cleaning out your Refrigerator

1. Gather Supplies
 - Large Trash Can & Heavy Duty Trash Bags
 - All Purpose or Kitchen Cleaner
 - Dish Soap
 - Sponge & Dish Rags
 - Gloves
 - Paper Towels
 - Kitchen Scissors
 - Spoon, Spreader, Scraper
 - Bottle Scrubber
 - Small Scrub Brush
 - Recycle Bins
 - Cooler
 - Paper and pen to make lists/take notes
 - Reusable containers/ziploc bags
2. Clear the dishwasher and sink.
3. Fill the sink with hot soapy water.
4. Empty the entire Fridge, or one shelf/area at a time.
5. CLEAN the now empty spaces.
 - Pull out shelves and drawers that need to be washed.
 - Check water and air filters
6. Start Dishwasher, wash anything you put in the sink.
7. Sort through your food!
 - Toss expired or spoiled items and any unwanted leftovers.
 - Consolidate duplicate items.
 - Wipe down any messy or sticky containers.
 - Make a list of any items you need to replace.
 - Make a list of meals you can create from items you discovered!
8. Replace shelves and drawers, making sure they are completely dry.
9. Replace food - organize by type, set crisper drawers appropriately.
- 10. Sit back, relax, and be proud! YOU DID IT!**