

Home Kitchen Makeover

Cleaning checklist for the dry food cabinet:

Done (x)	Task
	Systematically go through all the shelves for dry food, spices, and delicacies, removing all obsolete products as well as products you know will age when not in use.
	Collect all products with added sugar, such as sweets, chocolates (more than 75% of dark chocolate can be stored :)), biscuits, muffins, cocoa, muesli, cereals, and energy bars.
	Give up chips, crackers, and salted nuts
	Clean wheat flour, powdered and granulated sugar, and other sweeteners from your baking shelf (on a special baking day for sweet treats, get supplies only for that purpose)
	Discard wheat breads and pastries from the bread shelf or box
	Collect all delicacies around the house - including your bags (and workplace stash) - stack all the removable products
	Don't forget the drinks! Juices, soft drinks, and alcohol contain a lot of added sugar
	Give up pasta made from white flour
	Transfer the remaining products to clean containers or close the packages tightly
	Wipe the shelves clean and arrange your cabinet beautifully
	Take a picture of all the products that have been removed and share it proudly
	I have gone through ALL my food and delicacies
	The cleaned products are no longer within my reach

Cleaning checklist for the refrigerator:

Done (x)	Task
	Systematically go through each refrigerator shelf and drawer one at



	a time, removing all obsolete products - also remember long-lasting canned foods.
	Collect all products with added sugar, such as jams, puddings, yoghurts, curds, juices, and soft drinks in a pile to be removed.
	Think carefully about whether you could also remove all alcoholic beverages from the refrigerator to ease the temptation. Could the sauna beer be chilled just before the sauna and the wines put in the cold just for a festive meal or for guests?
	Transfer the remaining products into clean containers or close the packages tightly
	Wipe the shelves clean and arrange your refrigerator beautifully
	Take a picture of all the products that have been removed and share it proudly
	I have gone through ALL my food and delicacies
	The cleaned products are no longer within my reach

Cleaning checklist for the freezer:

Done (x)	Task
	Systematically go through each freezer shelf and box one at a time, removing all obsolete products - the fish is particularly sensitive to storage
	Collect all products with added sugar such as jams, pastries, and ice cream in a pile to be removed
	Transfer the remaining products to clean containers or close the packages tightly
	Defrost the freezer, if you can keep the remaining products cold, and the freezer has not been defrosted in the last 6 months. Otherwise, put a reminder on your calendar to defrost the freezer as soon as these products have been eaten.
	Wipe the shelves clean and arrange your freezer beautifully
	Take a picture of all the products that have been removed and share it proudly
	I have gone through ALL my food and delicacies
	The cleaned products are no longer within my reach



Purchase lists for replacement products, with examples

Allergens must be considered individually!

Dry food cabinet:

Green and Rooibos tea
Crude cocoa powder
Nuts and almonds (unflavoured, in shell)
Linseed groats (on top of yoghurt, in smoothies)
Seeds (e.g. sunflower and pumpkin on top of lettuce, and chia in fresh porridge)
Extra Virgin Olive Oil (for Salad Dressing)
Oatmeal
Quinoa, millet, buckwheat (used like rice)
Beans, lentils
Unflavoured protein supplements e.g. whey, rice, peas, or hemp (especially for exercise and weight management)
100% oat and / or rye bread
Crispbread with seeds

Storage at room temperature also for:

Tomatoes
Fruit
Fresh herbs (long shelf life if in a pot)

Refrigerator:

Light-coloured meat, such as turkey and chicken (also found as minced meat)
Fish
Eggs
Unflavoured yoghurt (also found as oat yoghurt, for example)
Cottage cheese, unflavoured curd
Vegetables in a variety of forms, e.g. for seasonal use in salads, side dishes, or as a snack
Berries
Fruit requiring cold storage
Fresh chili and ginger - garlic also lasts

Freezer:

Domestic berries - blueberry, lingonberry, strawberry, grapes, lacquer, etc.
Forest mushrooms



100% oat and / or rye bread

Light-coloured meat, and fish (mindful of expiration date)

Tips for kitchen utensils:

Good frying pan, casserole, and pots

Sharp knives - storage, for example, in knife holders to keep them in good condition

Blender for making smoothies

Teapot for brewing tea

Shaker bottles for transporting drinks

Lunch boxes / tupperware

Small cooler and cold packs for transporting snacks

