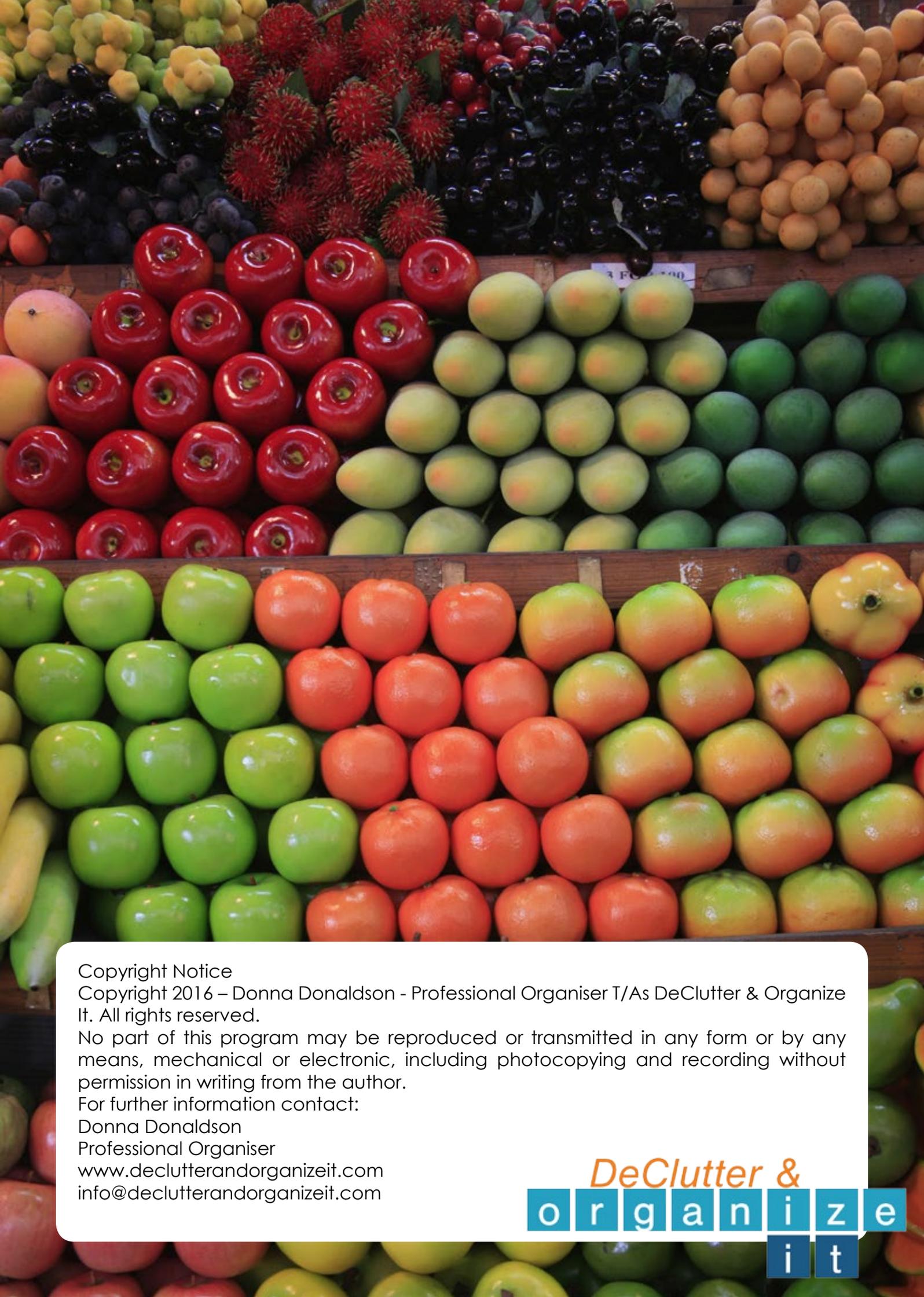




DeClutter & o r g a n i z e i t

Module 1 - Kitchen

**E-Class Number 1
Organising your Fridge and Freezer**



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E-lesson Number 1 - Fridge and Freezer

The purpose of this eClass is to give you clear and precise strategies to organise your fridge and freezer. This in turn saves your precious earned money from wasted food and over purchasing.

Fancy saving an Additional \$36,600 on Your Food Bill Over 10 Years with an Organised Fridge & Freezer? Well, lets get started!

DeClutter & Organize It E-Class no1

Lets start with the fridge.

We all know what happens in here.

Most people have certain foods that they forget or that fall down the back of the fridge and go rancid, but probably the worst offender is the fruit and vegies. Yes, we've all done it and stuck our hand in to find something in the crisper and our fingers have sunk into a rotting piece of fruit or veg. Let's eliminate this from ever happening again.

Fridge

Before you start

- Take some before photos of inside the whole fridge and doors as well as each shelf.
- Have some eskies and ice packs to put perishable items in to protect them from melting or going off.
- Empty everything out onto the counter.
- The more perishable items like meat and dairy should go into the esky.
- If you don't have an esky, cover the food with towels to keep them cold.
- Do not delay with this job as you have perishables out.
- Turn off the fridge while you are wiping it out, and be sure to turn it back on.
- If desired: a little vanilla when wiping leaves a fresh aroma.
- Fill the sink with warm soapy water and then wipe out, or pull out the shelves if you are sure you can get them back in. Take notice of where each shelf belongs and which way they go in and out. You could also take a photo of the empty fridge and one of all the food out.



Food going off from Fridge

Once Fridge is empty ...

Put like items together and follow similar instructions for the pantry:

- Use containers for any small items, like sachets, or slightly bigger containers for any spreads in the fridge.

- Throw out :
 - Items with passed use by dates
 - Items that have gone rancid
 - Unwanted food.
- Work out how best to arrange like food items on certain shelves, according to:
 - How big the fridge is?
 - How many shelves you have?
 - How much food you NEED to keep in it?

Organised Fridge



Organised Fridge Door



Suggestions

I like to have:

- A breakfast shelf for breads, condiments etc.
- Food preparation items, such as meat or fresh items for meal preparation.
- One shelf for prepared food ready to eat or leftovers.
- One for snacking type foods.
- Crisper shelves – if there are two, I use one for fruit, and one for vegetables. If only one draw, divide them inside.
- Keep small items in the door, if they are too heavy they can break the shelves.
- Check the shelf strength in the door for milks and juices, etc.

How to Reduce Food Wastage

- Check for items out of date on a regular basis.
- Rotate your food items as you buy new ones, reducing older items getting lost at the back of the fridge.
- Buying smaller containers of some items, such as yoghurt, cream, milk, cheese, etc. so that it can be used in time.
- Beware of the buying two for a special price, as you may use the first one and only a portion of the second one before it goes off. Hence it was clearly NOT a SPECIAL.
- Shop from your shopping list that is written out from what food you have and from a meal plan.
- Always shop at home first. That means, look at what you have and how you can make meals to use it up before going out and buying every ingredient for another meal.
- Check your set up, try it or tweak in a week.
- Take some after photos of the whole inside of fridge and doors.

Hot Tip!

It is easy to throw out \$50 a week of fruit and veg, dairy, meat, etc. If you don't have an organised fridge system, and losing items at the back of the fridge and shopping for the things you don't need.

\$50 a week over a year is \$2,600 a year. Over 10 years that's \$26,000. Wow! Imagine what you could do with that!

Freezer

- Do not delay with this job as we are now dealing with perishables.
- Put cold packs in the freezer the night before, and have eskies handy to keep food cold whilst organising.
- Most freezers only have two shelves or draws and two shelves in the door.
- Check how long food has been stored. Most freezers have a guide on what type of food should be kept for what length of time. If in doubt "Throw it out"
- Get rid of anything you don't use.
- Turn off the freezer while you are wiping it out, and be sure to turn it back on.
- If desired: a little vanilla when wiping leaves a fresh aroma.
- Bi carbonate of soda can be placed in a small open container to absorb odours, in a safe part of the freezer, where it won't be knocked over.
- Depending on the food that is there, divide up into like items:
 - o Cooked and raw
 - o Meal items and snack items etc.
 - o Sweet and savoury.

Organised Freezer



Organised Freezer Door



- Items to be stored in the door, should not be too heavy and best to be items you use used regularly.
- Make a list of what is in there.
- Write date and food type and use by time on each item, especially in freezer or zip lock bags.
- Try the set up for a week and adjust to what you think will work fo you.
- Take your after photos.

Hot Tip!

Are you motivated to save a staggering \$52,000 in 10 years eliminating wastage in your kitchen from your pantry, fridge and freezer?

Imagine an overseas holiday for the family...

In order to make changes to your home, start NOW.

Final Tips

Below are some further actions I believe will get you the best results, efficiently saving you hard earned money every week.

- You will need to block out a set amount of hours where you can work relatively uninterrupted.
- You can break up these 2 areas doing one a day or go for broke and tackle one at a time all in the same day.
- If you can get past the embarrassment factor, these are fun jobs to do with a friend. This way you may swap and help them to do theirs too.
- Always have a clear space that you can put everything as it comes out.
- Have rubbish bags to throw out any rubbish.
- Once this is done you now start shopping from your pantry, fridge and freezer before you go to the shops.
- Look at what ingredients you have and work out what else you need to purchase to make these meals.
- Then make your meal plan from here until you reduce your excess of food.

Week 2 E-Class is “De-clutter and Organize your Pantry”

I do hope you have enjoyed this eclass. Feedback is beneficial to everyone, & I value your opinion. Please send your feedback to info@declutterandorganizeit.com

As a guide, below are some questions I have for you.

1. Was this topic useful?
2. Was there too much or too little information?
3. Did you find it too simple or too difficult?
4. If you could make any changes to this eclass, what would be the first thing you would do?
5. If you have applied any of the strategies, how did they work for you? Do you have any success stories?
6. Any other comments?

With Thanks

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