



STACEY CREW

health coaching

Top 10 Tips for a Healthy & Organized Kitchen

When the kitchen is organized, it's easier to prepare healthier meals. Here are some easy, simple ways to love your kitchen and prepare healthy meals.

1. **Place items where you use them**—put pots and pans in the lower cabinets close to the stove and place spices in the upper cabinets directly next to the stove for easy access.
2. **Eliminate duplicates**—If you have more than one set of everyday dishes, consider rotating them with the seasons to unclutter your cabinet space. Store the extra sets out of the way.
3. **Use a lazy Susan** —You can double your cabinet space using a Lazy Susan for spices or canned goods. Pull-down spice racks also work well—they keep spices in place and allow you to take advantage of vertical shelf space.
4. **Toss chipped glassware** — For a family of four, have at least eight to ten glasses, perhaps different sizes. That's it! Eliminate the mis-matched (unless you're going for that) and extra cups that you really never use.
5. **Clean out the refrigerator and freezer on a regular basis**—Performing this [task](#) prior to going food shopping is a great way to see what you really need and will ensure leftovers that have been pushed to the back are not forgotten.
6. **Clear the decks!** Decluttered countertops are essential to being inspired to create and cook a healthy meal. If your countertops are too crowded, consider decluttering what's in the cabinets so you can put stuff away.
7. **A Sharp Knife and a Cutting Board** — Preparing fresh veggies for steaming or roasting is a snap when you have a sharp knife and cutting board. These are essential tools to have in your kitchen.
8. **Organize your pantry** — Put like items with like items. For example, all baking goods in one section, canned items in another, teas/coffees together, etc. Use labeled bins to corral items and easily locate them when needed.
9. **Place a utensil holder nearby**— Do place cooking tools such as spatula, wooden spoons and tongs in an accessible location.
10. **Light it up!** — Cooking is easier and more enjoyable when you can see what you're doing. If the overhead lighting isn't great, consider under-mount lighting to brighten things up.