



# STACEY CREW

*health coaching*

## Zone Your Kitchen for Healthy Living

Start by grouping like things together. For instance, if you're a coffee lover, set up a coffee station near the coffee pot where you keep coffee mugs, creamer, sugar bowl, and spoon. Better yet, put it on a tray! Further, keep it simple, placing the coffee pot next to the sink and, if possible, use the sprayer (if you have one!) to fill the pot with water.

Following is a list of the main kitchen zones, including What you Need. Other zones to consider would include a beverage station, snack station, bill-paying zone, and a Family Communications Center.

### **Zone: Food Preparation**

Locate near: Sink, if possible

Items stored: Mixing bowls, measuring cups, wooden spoons, knives, cutting board, and miscellaneous appliances (mixer, chopper, blender).

Tip: Keep your knives sharpened, which always makes food prep easier. Also, keep a good-quality cutting board close by.

### **Zone: Cooking/Baking**

Locate near: Stove

Items stored: Spices, pots and pans, and utensils

Tip: Maintain the freshness of your baking supplies and avoid pesky critters by placing flour, sugar, and so on in sealed labeled containers.

### **Zone: Serving Zone**

Locate near: Kitchen table or eating area

Items stored: Serving dishes, plates, bowls, glassware, utensils, and napkins

Tips: If you're cramped for cabinet space but have room near the kitchen table, consider adding a sideboard or buffet to house dishes, plates, and bowls. That makes for easy access when setting



the table for a meal. If you tend to plate food at the counter area, locate plates, dishes, and bowls in a cabinet close to the stove.

### **Zone: Cleaning/Dishwashing**

Locate near: Sink/dishwasher  
Items stored: Soap, and sponges

Tips: If possible, store cleaning supplies in an overhead cabinet to avoid little ones gaining access. To avoid dishpan hands, wear rubber gloves when cleaning pots and pans. Keep hand lotion nearby.

### **Zone: Food Storage**

Locate near: Refrigerator

Items stored: Tupperware or GladWare containers for leftovers, along with plastic wrap and tinfoil.

**Good idea!** Dedicate a particular area in the refrigerator (for example, a shelf or section) for leftovers so they don't get pushed to the back and become a science experiment gone bad! Incorporate leftovers into upcoming meals too.