



DECLUTTER YOUR HOME & CHANGE YOUR LIFE

Your **Closet + Kitchen Decluttering Checklists**
are here!

These two spaces are the most popular decluttering locations, and can make the biggest difference in your home. This checklist will help guide your process and **keep you on task.**

Sometimes, decluttering and organizing can feel overwhelming. But if you gather all the items that are in each category, you can realize how much of something you have--and more easily decide how much you really need.

The more you eliminate, the more space you have for the things you love!



I am here to help!
Just email me at

contact@sortandsensibility.com
or visit my website: **sortandsensibility.com**

MOST IMPORTANT THING TO REMEMBER: your closet shouldn't make you feel less of yourself.

If you are holding onto clothing that doesn't fit or that doesn't make you feel good: let it go.

WORKWEAR

- Pants
- Shirts | Tops | Blouses
- Skirts
- Dresses
- Suits

ATHLEISURE+SPORTS

- Leggings | Capris | Pants
- Tops | Tanks
- Sweatshirts | Hoodies
- Shorts
- Specific Sportswear (tennis, etc.)
- Swimwear

FOUNDATIONS

- Bras
- Underwear
- Shapewear
- Lingerie
- Socks
- Stockings | Tights
- Pajamas | Sleepwear | Loungewear

ACCESSORIES

- Scarves
- Purses | Bags | Wallets
- Belts
- Jewelry
- Other accessories

SHOES

- Dress shoes
- Athletic shoes
- Casual shoes
- Slides/Flip flops
- Work shoes

COATS

- Winter coats
- Spring | Fall coats
- Raincoats
- Winter gear
- Other outerwear

MISC

- Costumes
- Holiday clothing
- Formalwear

HINT: Any specialty clothing-- hiking, fishing, skiing, biking, etc.--divide into its own category!



Items **in bold** are ones that many of my clients have in excess! Be on the lookout for these and think about how many of these you REALLY need! Also check for items that have seen better days-- cookware and bakeware can get aged and not in a way like a fine wine!

DINING

- Plates | Bowls
- Kid's dishes | cups
- Regular drinkware | Glasses**
- Coffee Mugs**
- Wine glasses | Liquor glasses
- Silverware | Cutlery

COOKING TOOLS

- Pots + lids
- Pans + lids
- Casserole dishes
- Pie/Loaf/Cake Pans**
- Mixing Bowls
- Measuring Cups | Spoons**
- Knives (do you need the block?)
- Spatulas
- Whisks
- Cooking spoons | Ladles
- Tongs
- Grilling supplies | Tools
- Baking-specific tools
- Cupcake tins | muffin pans
- Cookie sheets | cooling racks**
- Rolling pins
- Graters | Garlic press
- Misc Small Gadgets**

SMALL APPLIANCES

- Food processor
- Blender
- Mixer
- Coffee maker | Supplies
- Instant Pot
- Sodastream
- Slow cooker
- Spiralizer
- Other kitchen equipment**

STORAGE

- Food storage containers + lids**
- Ziplocs
- Plastic wrap
- Aluminum foil
- Parchment paper

ENTERTAINMENT

- Platters | Servingware
- Holiday Servingware
- Entertaining Dishes**
- Pitchers
- Cocktail prep equipment
- Table linens | Napkins
- All other misc. kitchen items

Items **in bold** are ones that many of my clients discover as VERY expired in their pantry. Why? We rarely "declutter" our pantries! Going through food and drink items and discarding old or never used (or "I used it once in a recipe and will never use it again") stuff is a game changer.

REFRIGERATOR

- Produce
- Meat
- Seafood
- Salad dressing**
- Sauces**
- Condiments**

DRY GOODS

- Canned goods
- Pasta
- Rice
- Grains
- Cereal**
- Snacks**
- Candy
- Tea
- Coffee
- Bread products
- Protein powder**
- Dry good mixes**

PANTRY

- Spices**
- Herbs**
- Cooking extracts**
- Flour
- Sugar | Brown Sugar
- Oils**
- Cooking sprays**
- Baking Powder
- Baking Soda
- Cornstarch
- Cocoa
- Baking miscellany**

Spice shelf life isn't "infinity"!

Typically when I work with clients on their pantry, we find spices that expired YEARS ago.

While they likely won't make you sick, they lose their spicy potency for your cooking. And do you want to use something in food that has been open for a decade?

Oils/Nuts/Seeds: *if they smell staly or rancid - pitch them!*

Freezers of course keep food good for long periods of time.

But most people have those random forgotten/freezer burned foods in the freezer for years...or something that was purchased for a specific purpose that is now not needed. Clear it out!

FROZEN

- Frozen meat | seafood**
- Frozen vegetables | fruits
- Frozen dinners
- Ice cream | Frozen snacks
- Other frozen items