



Spring Cleaning Your Kitchen (WEEK ONE-DAY FIVE)

Before We Begin-

We are almost done with our kitchen tasks and today is an easy day because all we are doing today is cutting the clutter in our kitchen. Let's get our dinner in the slow cooker so we can concentrate on the tasks at hand. Make sure that you have a **one hour block of time** for each task that we are going to accomplish this week. Good luck and be sure to document all of your amazing progress and share it with us!

Meal Idea for Tonight:

Chicken Delicious

6 boneless skinless chicken breasts, cut into thirds

2-3 tablespoons lemon juice

1 can cream of mushroom soup

1 can cream of celery soup

1/3 cup white wine

Grated parmesan cheese

Egg noodles

Season chicken with lemon juice and pepper (do not salt the chicken because the soup will be salty enough!!) Place the chicken in the slow cooker. In a medium bowl, mix the soups with the white wine. Pour the mixture over your chicken breasts. Sprinkle generously with parmesan cheese. Cover and cook on low for five hours. Serve the chicken over egg noodles.

Day Five

Task to Accomplish: Cut the clutter day

Formula for Clean: One giant donation box is all you need!

Take one hour and cut the clutter in your kitchen. Shred any old mail, recycle any magazines, go through your cookbooks, eliminate duplicate and unnecessary cookware and dinnerware, and clear your table for your family. Get rid of stuff with wild abandon so you have more space in your kitchen to do important things like sit around at the table with your family and share a meal.

Make an attempt to clear some shelves and get items off of your counter and into your cupboards. Relocate items to a garage, basement, or a storage closet that you don't use regularly. Make as much workspace as you can and donate what you aren't using regularly.

Here is a quick list of things that can accumulate in the kitchen: promotional cups from dining out, baby/children tableware, sippy cups with missing parts, bills, magazines, newspapers, plastic dishes, duplicate kitchen items, coffee mugs, kitchen gadgets that are gathering dust, and unnecessary dishes/cookware.

EXTRA CREDIT:

Organize a junk drawer or two in your kitchen. Try using some of your old muffin tins for organizing small pieces or use old boxes from your recyclables to create drawer dividers. Be inventive!

Take out your silverware tray and clean the interior of it. If it is plastic, you can run it through the dishwasher. If it is any other material, you can use a damp microfiber cloth and clean it out.