



Time for a declutter? It can be hard to know where to start and what to get rid of. This handy guide will give you some ideas to help you get started.

Expired products

- Pantry and fridge items
- Medicines or vitamins
- Makeup
- Dried up nail polish
- Paperwork that is no relevant to you

Kitchen

- Extra coffee cups
- Unused or broken appliances
- Plastic/glass containers you no longer use
- Duplicate utensils
- Extra baking dishes or cake tins

Bedrooms

- Clothes that are too big or too small
- Clothes you haven't worn in 12 months
- Clothes that have holes
- Socks with no partner
- Old shoes
- Jewellery you no longer wear

Linen Cupboard

- Linen with holes
- Excess sheets (2 sets per bed is enough)

Technology

- Old DVDs, videos, tapes
- Old consoles, Video games
- Cords that are no longer needed
- Old phones and phone covers

Entertainment

- Old books and magazines
(cut out any recipes or articles you want)
- Games with missing pieces
- Old or broken toys/stuffed animals
- Board games you no longer play
- Excess stationary

Garage/Shed

- Old car parts
- Old or broken tools
- Excess nails/screws
- Old boxes
- Old/dried up paints