

7 STEPS TO A HEALTHY KITCHEN CLEAN-OUT



TONYA HARRIS | THE SLIGHTLY GREENER METHOD



7 Simple Steps to a Healthier Kitchen



CLEAR OUT YOUR PANTRY

Clear out one shelf at a time - place it all on an easy to reach, uncluttered counter.



SORT THE ITEMS

Sort the items into these 4 categories:

- Items you use everyday
- Items you use less frequently
- Unopened items that aren't expired that can be donated
- Expired items to throw away

Continue to do this for each shelf.



CLEAN THE SHELVES

This one is optional, but it's a great time to clean those empty shelves! Vacuum shelves to get rid of crumbs, then wipe them with a spray bottle mixture of vinegar and water. Good as new!



SORT UNOPENED & EXPIRED ITEMS

Now that you have everything out, look at these two categories. Place unopened items to donate into a bag, and throw away the expired items.

Next, look at the 2 categories left: items used every day and items used less frequently.



SEPARATE ITEMS INTO FREQUENCY OF CONSUMPTION

With donated and expired foods off the counter, the two groups left are items you frequently use, and those you use only on an occasional basis. Look at the foods your family consumes most often. These will be the ones you think about replacing first.



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REMOVE YOUR "DEAL BREAKER" INGREDIENTS

Follow the worksheet to discover your dealbreaker ingredients. These are the ones that you will absolutely avoid. I recommend avoiding aspartame and other artificial sweeteners as an important place to start. A quick list of other ingredients that may be included in your dealbreakers is below:

- MSG
- Carrageenan
- Artificial Colors
- High Fructose Corn Syrup
- BHA & BHT
- Aspartame & other artificial sweeteners
- BPA (in canned goods)
- Natural & Artificial Flavors
- Artificial Colors
- GMOs

BONUS STEPS

These steps aren't necessary right away, but they'll be a great addition to a healthier pantry! Do these right away, or slowly replace these items as you need them.



REPLACE WHITE FLOURS

If your budget allows, such as Teff, Quinoa, or sprouted grain flours, such as Spelt. Coupons for these flours from Bob's Red Mill are available on their website.



DISCARD CANNED FOODS THAT CONTAIN BPA

You don't have to replace all of your canned goods all at once, but I do recommend reducing your overall consumption of canned food. Even if it labeled as having a BPA-free lining, companies still typically use a bisphenol substitute, such as BPS. Buy a safer brand if you can, but even better, reduce canned products.