
Kitchen Declutter Checklist

Start with one drawer or shelf. Review each item, keep what serves you, and let the rest go at your own pace.

29 items · 3 pages · A4 · English

- ☐ Aging or punctured silicone gloves
 - ☐ Baking materials that have been sitting idle for a long time
 - ☐ Broken or unusable rice cookers, pressure cookers, and other appliances
 - ☐ Candles, plates, and cutlery from birthday parties
 - ☐ Candy that hasn't been eaten in half a year
 - ☐ Chipped bowls, plates, and other tableware
 - ☐ Condiments unused for more than two years
 - ☐ Countertop appliances used fewer than five times per week
 - ☐ Cups or mugs received as free gifts
 - ☐ Duplicate tools like measuring cups and spatulas
 - ☐ Dust-collecting disposable utensils and straws
 - ☐ Empty packaging boxes and jars
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Notes / next small step

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- ☐ Expired hotpot bases, sauces, and seasonings
 - ☐ Extra shopping bags (paper/plastic) overflowing from hooks
 - ☐ Extra water bottles and travel mugs (keep 2-3 per person)
 - ☐ Food that has been expired for a long time
 - ☐ Food that is moldy or infested with bugs
 - ☐ Leftover seasoning packets from instant noodles
 - ☐ Long-unused tablecloths or placemats
 - ☐ Mismatched food storage containers
 - ☐ Moldy, bent, or unusable chopsticks
 - ☐ Rarely used disposable plastic containers
 - ☐ Rusty woks or frying pans
 - ☐ Seasonings left unused for several years
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- ☐ Spices that have lost their flavor
- ☐ Stained oven mitts or pot holders
- ☐ Takeout menus
- ☐ Twist ties, tabs, or rubber bands saved for later
- ☐ Worn-out rags and dishcloths

Notes / next small step