Kitchen Zone Worksheet

Things live where they are used, not where they fit. Map your four zones before moving anything.

> The test: stand where you would stand to do the job. If getting what you need takes more than one step and one cupboard door, it is in the wrong place.

THE FOUR ZONES. WRITE WHERE EACH ONE IS.

- [ ] PREP: chopping boards, knives, bowls, scales
- [ ] COOK: pans, utensils, oils, salt, trays
- [ ] WASH: cloths, detergent, scourers, bin
- [ ] STORE: food, containers, everything else

CULL BEFORE YOU BUY ANYTHING

- [ ] Duplicate utensils. You need one fish slice.
- [ ] Single-purpose appliances used less than monthly
- [ ] Containers with no matching lid, and lids with no base
- [ ] Mugs. You have roughly triple what you need.
- [ ] Chipped or never-used crockery kept 'in case'
- [ ] Novelty gadgets received as gifts, donated unopened

MAKING THE SPACE WORK

- [ ] Shelf risers to use the wasted height
- [ ] Inside of cupboard doors is free space
- [ ] Get things off the worktop: it is the scarcest resource
- [ ] Store by frequency, not by category
- [ ] Nothing new lives on the worktop. Ever.

NOTES

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