



Live a simpler, safer, less cluttered life with Maria Spetalnik

Organizing Room by Room – The Kitchen
May 1, 2025

Kitchen

- Appliances
- Stoves – front burner controls or only use one side, slide pots from cold side to hot
- Fridge – containers that go all the way back
- Microwave – cork trivet

Equipment

- Pots and pans – 2 handles
- Knives – storage and don't put in the sink – have a special location
- Hard to break dishes e.g. Corelle, stoneware
- Hard to break glasses – preferably with lines or size differences to indicate fill lines

Strike zone

- As in baseball, it's between shoulders and knees.
- Pantry – use of ladders – keep reach in mind.
 - Stay within shoulder range, to avoid reaching too far right and left.
- Mats – adhesive, beveled edge tight to floor only

Future

- Will be on Sabina's class next week, May 8
- No class next month (June)
- Next class on July 3 will be on downsizing

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