

5 Tips to Clear Your Fridge

By ANNICK MAGAC

Have you every thrown a party and found that everyone ends up in the kitchen?

The kitchen is the center of a home. It is where everyone, young and old, gathers together. It is where recipes are handed down, food is cooked, meals are shared, laughs are made, conversations are had, and decisions are discussed.

So, what happens when the kitchen is shrouded by clutter?

As the lifeline to the home, the kitchen is one of the major places that needs to be organized and work efficiently. If the kitchen doesn't *feel* comfortable or allow the ability to work in it *easily*, this affects the rest of the home. It also affects your health and that of your family. When we hate to be in our kitchen, we end up eating out or mindlessly eating chips on the couch in front of the TV. We start to disconnect as a family and not make time to eat together. We lose our connection to food and its amazing ability to heal and strengthen us.

Where to start?

If the kitchen is the lifeline, than the refrigerator is the heart. Without regular attention, the fridge can become a scary place- unidentifiable left-overs, dried up bits of old vegetables, expired condiment, oh my! If it holds everything that nourishes us, then this is a good place to begin to clear. With a strong heart, we can do anything.

5 TIPS TO CLEAR THE FRIDGE:

- Take everything out of the fridge, including freezer, and wipe down all the shelves. This will allow you to see everything that is inside, even the shriveled garlic in the back of the vegetable drawer. It is amazing how dirty the shelves

and drawers become over time. When you clear the space, you honor the food that you are putting into it. Get rid of anything you will not eat.

- Get rid of all expired condiments. I hear ya, it's crazy you still have that jar of mustard from 2009. Don't worry. We all do. Once you do this, go through the condiments every 3 months. Keeping on top of the condiments will allow you to support putting the freshest ingredients into your food.
- Once time a week, go through and get rid of all bad leftovers. If you do it every week, it won't be as scary as when it has taken a life of its own and become a mold-covered monster later.
- Make sure your fridge works properly. Double check that all the temperatures are set right. If you aren't sure, check the manufacturer online for the correct info. This ensures that your food is being kept in the best conditions. If your fridge makes any weird noises, leaks, or doors do not close properly- *get it fixed*. It is important to have the right tools for a job. Because health and wellness is a priority for you and your family, it makes sense to support it with the right tools. Your refrigerator is one big tool that needs a lot of love to love you back and get you to your wellness goals.
- Take all that stuff off the front door to the fridge. Yup, I mean all the magnets that slide down the front of the fridge every time you open it, the stacked up drawings by your lil Picasso, and bills you are trying to remind yourself to pay. *Take it all off*. They are a distraction and keep you from getting easily in and out of the fridge. It ends up being a whole lot of clutter that you don't need in your life. Once you clear the front of your fridge, you will feel a whole lot calmer and more comfortable in your space. Try it!

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Annick is the Author of CLEAR, Motivational Speaker, Lifestyle Coach, and an award-winning Designer. She helps people simplify their lives, live more fearlessly and curate a life they love filled with health and beauty. She often travels for work or pleasure; spending a lot of time in airplanes, cars, and on motorcycles. In the rare moment that she is in one place for any length of time, you'll find her training in a gym, visiting a museum, or immersed in a creative project.