

A GUIDE TO DECLUTTER AND ORGANIZE YOUR KITCHEN IN SIMPLE STEPS



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ABSTRACT

A clean and organized kitchen makes daily life easier and more enjoyable. This guide focuses on simple and practical steps to declutter your kitchen without feeling overwhelmed. It helps you identify what you truly need, what can be donated, and how to create a space that feels open and functional. By organizing cabinets, drawers, and countertops thoughtfully, you can save time, reduce stress, and make your kitchen a more welcoming part of your home.

The guide also highlights easy maintenance habits that keep your kitchen tidy in the long run. From smart storage ideas to quick cleaning routines, it encourages consistent organization that fits into your daily routine. With a few easy adjustments, your kitchen can stay clean, efficient, and clutter-free all year round.



LET'S GET STARTED

This guide provides a clear and easy approach to decluttering and organizing your kitchen, making it more functional and stress-free. It walks you through step-by-step methods to remove unnecessary items, create practical storage solutions, and

make better use of your available space. Whether your kitchen is large or small, the guide helps you understand how to categorize items, arrange essentials for everyday use, and maintain a neat and accessible layout that suits your lifestyle.

Beyond just cleaning and arranging, this guide emphasizes the importance of consistency and good habits. It offers tips on how to maintain order with simple routines, such as daily tidying and weekly checks, to prevent clutter from returning. By following these steps, you can transform your kitchen into an organized and efficient space where everything has its place, making cooking, cleaning, and daily activities more enjoyable.

GOLDEN RULES FOR DECLUTTERING YOUR KITCHEN



A clean and clutter-free kitchen is truly an interiors dream. How often have you walked into a friend's kitchen and found yourself wondering 'How on earth do they keep it like this?!'

However, for many of us, the reality is quite different – our kitchen surfaces are jam-packed with appliances, thousands of mugs grin back at us when we open a cupboard and as for the spices – let's not even go there.

1. Keep Only What You Use and Love

The first rule of decluttering is honesty — be truthful about what you actually use. Go through every cabinet, drawer, and shelf, and separate items into categories. Ask yourself if you've used each item in the past six months. If not, it's probably time to let it go. Keep only what serves a purpose or brings you joy. Unused appliances, duplicate utensils, and mismatched containers take up valuable space. Donate items in good condition to someone who might need them, and discard anything broken or expired.

2. Declutter One Section at a Time

Trying to organize the entire kitchen in one go can feel overwhelming. Instead, break it down into sections — start with one cabinet, drawer, or shelf. Once you complete a section, move on to the next. This focused approach helps you stay motivated and ensures no area is overlooked. You can even set aside 20 to 30 minutes daily for decluttering instead of trying to do it all in one day. Gradually, your kitchen will begin to look and feel much more open and manageable.

3. Create Smart Storage Zones

Every item in your kitchen should have a designated place. Group similar items together and store them where they're most convenient. For example, keep cooking utensils near the stove, dishes close to the sink, and dry ingredients in one pantry section. Use baskets, dividers, or drawer organizers to keep things tidy. Transparent containers and labels can make it easier to see what you have, reducing waste and duplication. Smart storage makes your kitchen not only organized but also efficient to use.

4. Clear Countertops for a Cleaner Look

A cluttered countertop can make even the cleanest kitchen look messy. Keep only the essentials you use daily, such as a kettle, coffee maker, or fruit bowl. Store other appliances in cabinets when not in use. Clear counters create more workspace

and make cleaning faster. They also give your kitchen a fresh, open look that instantly feels calmer and more inviting.

5. Develop a “One In, One Out” Habit

To prevent clutter from building up again, follow the “one in, one out” rule. Every time you buy a new kitchen item, remove an old one. This habit helps keep your inventory balanced and prevents overcrowded cabinets. It’s especially helpful for items like mugs, containers, and utensils that tend to multiply over time.

6. Maintain a Regular Cleaning and Decluttering Routine

Decluttering is not a one-time task — it’s an ongoing habit. Set a weekly or monthly schedule to check for expired food, reorganize shelves, and wipe down surfaces. A few minutes of maintenance can save hours of deep cleaning later. Staying consistent keeps your kitchen fresh, organized, and clutter-free year-round.

A well-organized kitchen doesn’t just look good — it makes everyday life smoother. By following these six golden rules, you’ll create a space that’s practical, tidy, and enjoyable to be in.

10 ESSENTIAL KITCHEN HYGIENE TIPS FOR A CLEAN, SAFE KITCHEN

The kitchen is not just a cooking space. It is a happy place where families share meals and memories. These spaces are adored by kids who sneak into the room for cookies and treats and adults who need snacks to satisfy their hunger. It is a satisfying space for moms who whip up delicious dishes for their families and a comfort zone for dads who want to show off their culinary skills. Kitchens are the heart and soul of a house.

They must be cleaned effectively and should be germ and dirt-free. However, daily simmering, sautéing, boiling, frying, and grilling of food leads to a greasy build-up on the countertops, stovetops, range hood filters, ovens, cabinets, etc. Dirty dishes in the sink also add to the mess. Thus, kitchen cleaning becomes a hassle. So, here is a list of ten essential kitchen hygiene tips for a clean and safe kitchen. These must be followed for disease-free living.

1. Clean the Cooking Area Everyday

The cooking area includes the stovetop, range hood and backsplashes. All of them must be cleaned perfectly to ensure hygienic cooking. The stovetop usually has burnt carbon, splatters, oil spots and grime. It must be cleaned by removing the grates and burner caps for thorough cleaning.

The range hood filters must be soaked in hot water and dishwashing soap solution for 15-20 minutes and then scrubbed to remove the grunge. Mix white vinegar and water and spray the solution on the dirty backsplashes. Finally, wipe it with a clean, damp cloth for sparkling results.



2. Wash Your Hands Before Cooking

Hands should be washed adequately before touching food items and cooking them since germs can spread through touch easily. End of lease cleaning Adelaide companies recommend rubbing hands with soap for 20 seconds. It is vital to clean between the fingers, on the wrists, under the fingernails and over the knuckles for

appropriate cleaning. Next, hands must be washed under running water and dried with a clean towel. Also, avoid touching your face or nose while cooking.

3. Wipe Surfaces After You Finish

One of the best ways to maintain kitchen hygiene is to clean as you go. It helps to maintain cleanliness. Make it a habit to wipe surfaces like the countertop, tables, appliances, and the fridge before switching the lights off. Do not forget to sanitise the doorknobs, faucets, and cabinet handles, which can become breeding grounds for bacteria. Keep everything organised and clutter-free to clean effectively and maintain a mess-free kitchen.

4. Dispose of Waste Correctly

Separate dry and wet waste and compost the organic waste to ensure sustainability. If something oily or wet needs to be disposed of, it must be poured into biodegradable plastic bags. The garbage container must be cleaned once a week to remove odours and stains. Put garbage in the kerbside bins and recycle as much as possible. Waste management reduces the risk of pests and roaches in the kitchen.

5. Prevent Cross Contamination

Cross-contamination is a significant cause of ailments. It results from the movement of microorganisms from raw food into cooked food. This is why end-of-lease cleaning Adelaide professionals suggest using different cutting boards for vegetables and meat to maintain food safety. These boards must be cleaned after every use with dish soap or baking soda or lemon. Also, raw and cooked foods should not be placed together in the fridge or utensils.

6. Clear Drains and Sink

The kitchen sink must bear the brunt of dirty and burnt dishes that pile up daily after cooking and meals. These dishes are layered with oily gravies and food particles that dirty the sink and drain. Thus, scrubbing the stainless steel sink every day with dish soap and scrubber is vital to remove all the grease and food debris. To clean the drain, pour a mixture of baking soda and white vinegar mixed in equal parts and let it dwell for an hour. It will eliminate the entire gunk.

7. Clean the Fridge Regularly

Fridges get dirty because they are constantly opened and closed with dirty hands. Finger marks, food spills, and stains can make them look shabby and affect the quality of your food. End of lease cleaning Adelaide experts suggest using vinegar to remove the marks from the surfaces and wiping the door gaskets and seals with warm soapy water. The condenser coils should be cleaned with a vacuum cleaner every six months to improve efficiency and longevity of the appliance.

8. Degrease the Oven and BBQ

Baking soda is a potent tool for removing grease and baked-on carbon from ovens and BBQ. Sprinkle baking soda over the appliances and scrub the grills and interiors with a wet brush. The removable parts must be rinsed with dish soap and warm water to remove the grease. The exterior can be cleaned with a microfiber cloth and vinegar to prevent any streaks on the surfaces.

9. Sanitise the Cleaning Sponges

The cleaning sponges and cloths used for wiping different surfaces can spread a lot of germs if they are not cleaned properly. They must be soaked in a bowl of water mixed with lemon juice for disinfection. The sponges can also be placed in the dishwasher for a drying cycle to kill all the microorganisms present on them. They can also be soaked in a solution of vinegar and water to remove all the impurities.

10. Clean the Floors and Tiles for Hygiene

After cleaning the entire kitchen, it is time to focus on the tiles and floors, which should be squeaky clean for hygienic and safe cooking. End of lease cleaning Adelaide service providers scrub the tiles with warm soapy water. They use a paste made of baking soda, white vinegar and water to clean the grout and remove mould and dirt. Finally, they vacuum and mop the floors to disinfect the entire area.

Wrapping up

Kitchen cleaning should be a part of your daily rituals because it directly impacts your health and living conditions. Follow the tips mentioned above to keep your cooking space safe and clean at all times.

AFFORDABLE KITCHEN DECOR IDEAS FOR A WEEKEND REFRESH

Giving your kitchen a new look doesn't always require a big budget or a full renovation. Sometimes, small changes can make a big difference in transforming your space into a bright, welcoming, and functional area. If you're looking to refresh your kitchen over the weekend without spending too much, here are some affordable and creative ideas that can breathe new life into your space.

1. Add a Fresh Coat of Paint

Painting is one of the easiest and most affordable ways to refresh your kitchen. A new color can instantly change the mood and make the space feel more open and lively. Soft neutrals like white, beige, or light grey create a clean and timeless look, while pastel tones can add warmth and charm. If you want to add personality, try painting just one wall in a bold color to create a feature wall. You can even give your cabinets a fresh coat of paint to make them look new without replacing them.



2. Upgrade Your Lighting

Good lighting can completely transform the look and feel of your kitchen. Replace old bulbs with warm, energy-efficient LED lights for a brighter and cozier space. You can also add under-cabinet lighting to make cooking areas more practical and stylish. Pendant lights above the dining area or kitchen island can add a decorative touch without being too expensive. Even swapping out old lampshades or cleaning light fixtures can make a noticeable difference in how your kitchen feels.

3. Refresh Cabinets and Hardware

If replacing cabinets isn't in your budget, consider updating the hardware instead. Swapping out old handles and knobs with modern or vintage styles can instantly give your kitchen a refreshed look. You can also line cabinet interiors with patterned paper or contact film for a subtle decorative surprise when you open them. For a bolder change, consider removing some cabinet doors for open shelving. It's a simple DIY idea that adds character and makes your space look airy and modern.

4. Introduce Greenery and Natural Elements

Plants are a simple and affordable way to bring life into your kitchen. Small potted herbs like basil, mint, or rosemary add freshness and can be used in your cooking. Hanging planters, succulents, or a vase with fresh flowers can make your kitchen feel vibrant and cozy. You can also add wooden elements like a bamboo cutting board, wooden trays, or wicker baskets to add warmth and texture to the overall design.

5. Play with Textiles

Textiles are an easy way to add color and pattern to your kitchen without much effort. Replace old kitchen towels, mats, and curtains with fresh, coordinated ones. Choose designs that complement your kitchen's color scheme. A new rug or runner can also make a big impact, especially in neutral spaces. Look for washable, non-slip options that are both practical and stylish.

6. Add Wall Art or Decorative Shelves

Bare walls can make a kitchen feel dull. Hang a few framed prints, posters, or even a chalkboard for notes and recipes. You can also create a small gallery wall with food-themed artwork or family photos. Floating shelves are another great option—they're affordable, easy to install, and perfect for displaying cookbooks, jars, or decorative items like candles and ceramics.

7. Declutter and Reorganize

Sometimes, the best refresh doesn't cost a thing. Start by decluttering countertops and removing items you don't use daily. Rearrange your storage to make your space more efficient and visually appealing. Use matching jars and containers for dry goods, and label them for a neat, uniform look. The cleaner and more organized your kitchen is, the more spacious and stylish it will appear.

8. Add Personal Touches

Finally, give your kitchen a personal touch with small, meaningful details. Display a favorite mug collection, hang a stylish clock, or place a decorative bowl of fruit on the counter. Even a simple scented candle can make the space feel more inviting.

A kitchen refresh doesn't have to be expensive or time-consuming. With just a weekend of effort and a few budget-friendly updates, you can completely transform your kitchen's look and atmosphere. Small changes like new paint, better lighting, greenery, and thoughtful decor can make your kitchen feel brand new and full of life.

SMALL KITCHEN STORAGE IDEAS YOU'LL WISH YOU KNEW SOONER

A small kitchen can feel cozy, but it can also get cluttered quickly if space isn't used wisely. The key to keeping a small kitchen functional and stylish is smart organization. With a few clever tricks and affordable changes, you can make the most of every inch. Here are some simple and creative storage ideas that will help you organize your small kitchen like a pro.

1. Use Vertical Space Wisely

When counter and cabinet space is limited, think vertically. Install open shelves or floating racks above counters or near windows to display dishes, jars, or spices. You can also use wall-mounted hooks or magnetic strips for utensils, knives, or even metal spice containers. High shelves are perfect for storing items you don't use daily, freeing up lower cabinets for everyday essentials. Vertical storage not only saves space but also adds style and personality to your kitchen.

2. Maximize Cabinet Interiors

Don't let the inside of your cabinets go to waste. Add pull-out racks, tiered organizers, or wire baskets to create more storage layers. Use stackable containers to organize dry goods like pasta, cereals, and snacks. A simple addition like a tension rod under the sink can hold spray bottles, while small bins can group cleaning supplies neatly. You can also install hooks inside cabinet doors to hang oven mitts, small tools, or measuring spoons for easy access.

3. Choose Multi-Functional Furniture

In a small kitchen, furniture that serves more than one purpose is a game changer. Opt for a foldable dining table or an island with built-in shelves or drawers. A rolling cart can serve as extra counter space, storage, or even a mini coffee station. When not in use, it can be moved aside easily. Bar stools that tuck neatly under the counter can save space while keeping your kitchen looking neat and open.

4. Organize Drawers Smartly

Drawers can quickly become messy if not organized properly. Use dividers or adjustable trays to keep utensils, cutlery, and tools in order. For deep drawers, use vertical inserts or small baskets to separate items. Store larger cookware like pots and pans in bottom drawers, and use lids organizers to keep everything tidy. Keeping drawers organized not only saves time but also makes your daily kitchen tasks much smoother.

5. Use the Space Above and Below

Don't overlook the space above cabinets and below counters. The tops of cabinets can be used to store less frequently used appliances or decorative baskets for extra

supplies. Similarly, add slim rolling racks or small baskets under counters to store trays, baking sheets, or cutting boards. Every small corner counts when it comes to making the most of limited space.



6. Keep It Minimal and Consistent

Finally, avoid overcrowding your kitchen with unnecessary items. Keep only what you use regularly, and store the rest away. Matching containers, jars, and baskets create a uniform look that feels calm and organized. Regularly decluttering and reorganizing helps maintain order and prevents your small kitchen from feeling cramped.

With these smart storage ideas, even the tiniest kitchen can feel spacious and efficient. A little creativity and thoughtful organization go a long way in transforming your small kitchen into a functional, beautiful space you'll love spending time in.

ORGANIZING A PANTRY – SOME CLEVER PANTRY ORGANIZATION IDEAS AND TIPS

A well-organized pantry makes cooking easier, saves time, and helps reduce food waste. Whether you have a spacious walk-in pantry or a small kitchen cupboard, organizing it smartly can transform how you use your space. Here are ten clever pantry organization ideas and tips to keep everything tidy, accessible, and visually pleasing.



1. Start with a Full Declutter

Before organizing, remove everything from your pantry and check expiration dates. Throw away expired or stale food and donate unopened items you no longer need. Starting with a clean, empty space helps you see what you have and plan your storage better.

2. Categorize and Group Similar Items

Sort your pantry items into categories such as grains, canned goods, snacks, baking supplies, and spices. Grouping similar items together helps you find what you need quickly and prevents buying duplicates. Store frequently used items at eye level for easy access.

3. Use Clear Containers for Dry Goods

Transfer staples like pasta, rice, cereal, and flour into clear, airtight containers. This not only keeps food fresh longer but also makes it easier to see what you have. Label each container for quick identification and a neat, uniform look.

4. Label Everything

Labels are a small detail that makes a big difference. Use simple stickers or printed tags to name each container or shelf section. Labels help everyone in the household know where things belong, keeping your pantry consistently organized.

5. Add Adjustable Shelving or Risers

If your pantry has fixed shelves, consider adding adjustable shelving or risers. They help you use vertical space efficiently by allowing you to stack items without losing visibility. Risers work perfectly for canned goods or jars, making it easy to see what's at the back.

6. Utilize Door Space

Don't forget the inside of your pantry door. Install hooks, over-the-door racks, or small baskets to store spices, condiments, or cleaning supplies. It's a great way to maximize space in small pantries and keep smaller items from getting lost.

7. Rotate Items Regularly

Use the “first in, first out” rule to ensure older items are used before newer ones. When restocking, place new items behind existing ones. This habit helps minimize waste and keeps your pantry inventory fresh.

8. Keep Snacks and Kids’ Items Accessible

If you have kids, designate a lower shelf or basket for their snacks. This keeps things organized and allows them to grab what they need safely without disturbing other pantry sections.

9. Store Heavy Items on Lower Shelves

Place heavy or bulky items like large bottles, extra flour bags, or canned goods on the lower shelves. This prevents accidents and makes them easier to move when needed.

10. Maintain a Regular Cleaning Routine

Set a reminder to tidy your pantry every month. Wipe shelves, check expiration dates, and reorganize items if needed. A regular cleaning habit keeps your pantry fresh, functional, and visually appealing year-round.

A well-organized pantry doesn’t just look great—it saves time, prevents clutter, and makes meal prep simpler. With these ten clever ideas, you can create a space that’s practical, easy to maintain, and enjoyable to use every day.

5 LIFE-CHANGING KITCHEN ORGANIZATION HACKS TO STREAMLINE YOUR DAILY ROUTINE

An organized kitchen can make a huge difference in your daily life. When everything has its place, cooking, cleaning, and even meal prep become faster and more enjoyable. You don’t need a full renovation to achieve this — just a few clever organization hacks can transform how your kitchen works. Here are five life-changing ideas to help you create a more functional and stress-free kitchen.

1. Create Dedicated Zones for Every Task

One of the smartest ways to streamline your kitchen is by creating zones for different tasks. Designate specific areas for cooking, prepping, cleaning, and storing. For example, keep your pots, pans, and utensils near the stove; store cutting boards, knives, and mixing bowls in the prep area; and place dishes and glasses close to the sink or dishwasher. This system reduces unnecessary movement and keeps everything you need within reach. It also makes it easier for family members to know where items belong, keeping your space organized at all times.



2. Maximize Cabinet and Drawer Space

Cabinets and drawers often hold more potential than we realize. Use stackable containers, pull-out baskets, and shelf risers to make full use of vertical space. Drawer dividers are great for organizing utensils, lids, and cutlery, preventing items from getting tangled or lost. You can even attach hooks or small racks inside cabinet doors to hold measuring spoons, pot lids, or cleaning supplies. For deep drawers, try adding bins or organizers to separate items by category. These small upgrades make your storage more efficient and keep clutter out of sight.

3. Use Clear Containers and Labels for Easy Access

Transparent storage containers are a game-changer for both your pantry and fridge. They allow you to see what you have at a glance, preventing overbuying or wasting food. Use airtight containers for dry goods like rice, pasta, and flour, and label each one clearly. This not only keeps food fresh but also gives your kitchen a clean, uniform look. The same rule applies to the fridge — store snacks, leftovers, and condiments in clear bins or labeled jars so you can find things quickly without searching through piles of containers.

4. Keep Countertops Clutter-Free

A clutter-free countertop makes your kitchen look instantly cleaner and more spacious. Keep only the essentials you use daily, such as a coffee maker, toaster, or fruit bowl. Store other appliances like blenders or mixers inside cabinets or on shelves when not in use. Use wall-mounted shelves, magnetic knife strips, or hanging racks to free up workspace. By reducing countertop clutter, you'll have more room to cook comfortably and clean easily.

5. Maintain a Simple Daily Reset Routine

Organization isn't just about setting things up — it's about maintaining them. End each day with a quick "kitchen reset." Wipe down surfaces, put items back in their zones, and check if anything needs restocking. Spending just ten minutes tidying up can prevent messes from building up and save you time in the long run.

With these five smart hacks, your kitchen can become a more efficient, calm, and enjoyable space. A little organization goes a long way — helping you start each day feeling prepared and making every meal a smoother experience.

TIPS FOR LONG-TERM KITCHEN ORGANIZATION

Keeping your kitchen organized isn't just about cleaning it once — it's about maintaining order over time. Long-term organization ensures that your kitchen stays functional, clutter-free, and easy to use no matter how busy life gets. Two of the most effective strategies to achieve this are **labeling containers** and following the **"one in, one out" rule**. These simple yet powerful habits can completely change how you manage your space and prevent clutter from returning.

Label Containers for Easy Identification

Labels may seem like a small detail, but they make a big difference in keeping your kitchen organized. When everything has a name, it becomes easier to find what you need quickly and return items to their proper places. Labeling also helps everyone in your household stay consistent with organization — no more guessing where the flour or sugar goes. You can use simple stickers, chalkboard labels, or printed tags depending on your style. For dry goods, use clear, airtight containers so you can see what's inside and label them clearly for quick identification. Labels are also useful in the fridge, freezer, and even cleaning supply areas. This not only makes your kitchen look tidy and uniform but also saves time during cooking and shopping. By knowing exactly what you have, you'll reduce food waste and avoid buying duplicates.



Implement a “One In, One Out” Rule for New Items

The “one in, one out” rule is one of the best long-term habits to maintain an organized kitchen. The idea is simple — whenever you bring in a new item, whether it’s a utensil, container, or appliance, remove an old one. This keeps your kitchen from overflowing with unnecessary items over time. For example, if you buy a new frying pan, donate or recycle the old one. This rule encourages mindful shopping and helps you value what you already have. It’s especially useful for items that tend to accumulate easily, like mugs, storage containers, and cooking tools. By following this habit, you’ll always have enough space and prevent clutter from building up again.

Long-term organization is all about consistency and small, mindful habits. By labeling your containers and practicing the “one in, one out” rule, you can keep your kitchen neat, efficient, and stress-free every day — without the need for constant reorganization.

CONCLUSION

Decluttering and organizing your kitchen doesn’t have to feel overwhelming. The key is to start small and take it one section at a time. Begin by clearing out what you no longer need — expired food, duplicate utensils, and unused gadgets. Once the clutter is gone, group similar items together, such as baking supplies, spices, or cookware, and assign each group a dedicated space. Use storage containers, drawer dividers, and baskets to keep everything neat and accessible. This step-by-step approach not only makes your kitchen look cleaner but also helps you find things faster and enjoy cooking more.

Maintaining an organized kitchen is all about building smart habits. Regularly check your pantry and fridge to remove items you no longer use, and label containers for easy identification. Adopting simple rules like “one in, one out” keeps clutter from creeping back. A well-organized kitchen brings calm, efficiency, and creativity into your daily routine. With a little effort and consistency, your kitchen can become a functional, inviting space where everything has its place — and staying organized feels effortless.

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