



**TOP
SECRET**

Mission:

Stay Fresh Fridge

MISSION BRIEF

MISSION

To win-back your fridge space from the perished clutter by decluttering and cleaning them out.



Est. Time Required: 30min - 2hrs

Your Mission



Approx Time Frame: 30 days

Decluttering your fridge to remove all spoiled or expired food. Clean the space and make room for fresh food and last night's leftovers.



MISSION ACTION PLAN

For the Mission you will need:

- Garbage Bags (Small - 20X20in)
- Gloves
- Mask (to help mask the odours)
- Timer (to stay focused on the mission)
- Essential Oils and Difusser (Doterra-Balance or Orange)
- LED Lamp (to provide a different perspective.)
- A cleaning cloth and warm soapy water
- Camera/Cellphone (to take a before and after picture)

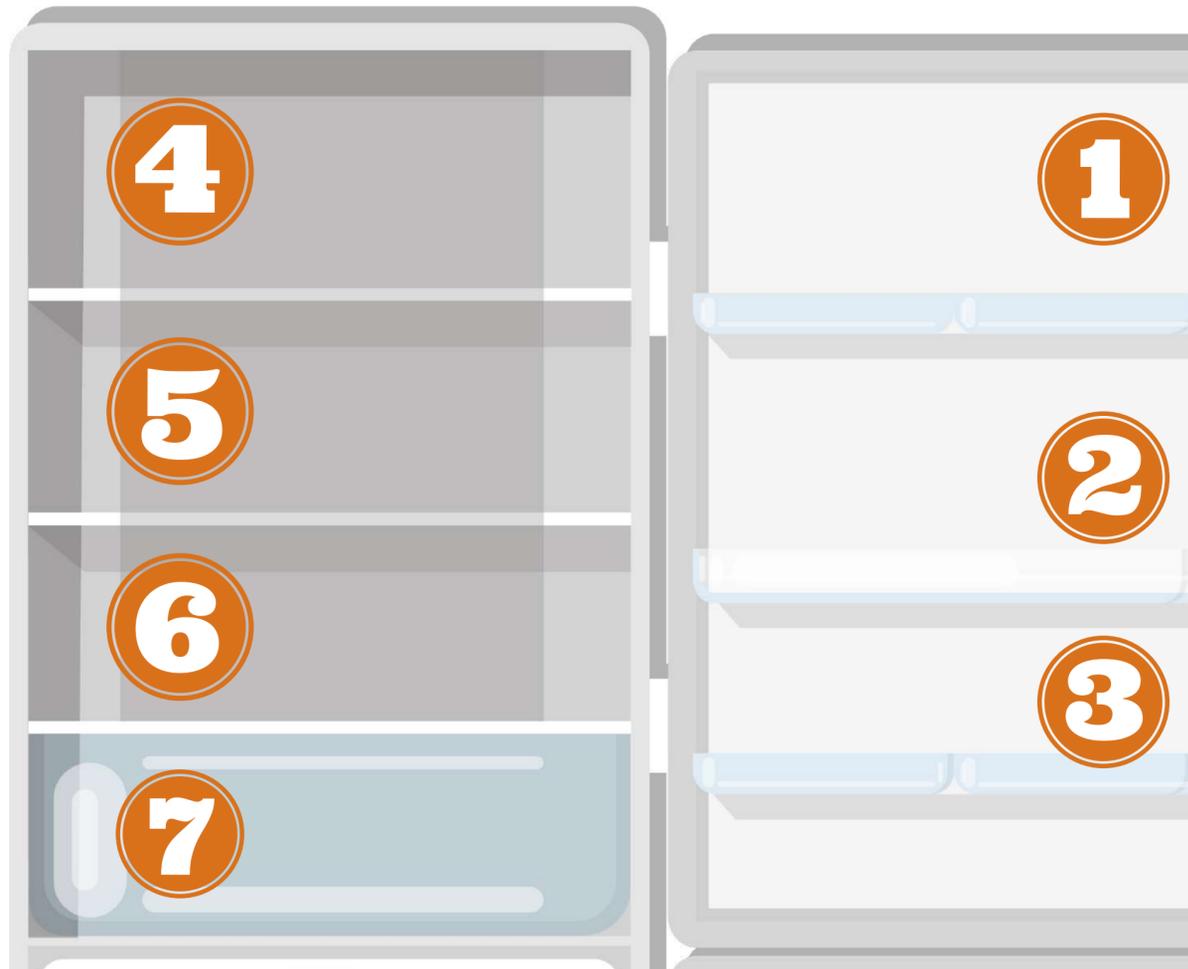


TIP

Have a paper and a pen handy to note any items that you are missing or need to replace. As a bonus, this creates a great start to your grocery list.

MISSION ACTION PLAN

Where to start?



Starting with the door shelves, it's a great way to build the momentum for decluttering the rest of the refrigerator.



TIP

Breaking down the levels into smaller more manageable sections can help keep focused and motivated to declutter the space and gain a sense of accomplishment.

MISSION ACTION PLAN

What to keep or not to keep?

What you are looking for is expiry dates. Has it passed its freshness date? If so throw it out.

For open jars it varies anywhere from 3 days to 6 months depending on the product.



TIP

Use your senses. Look to see if the food has changed colors. Does it emit a foul smell? When handling the vegetables/fruits are they slimy or mushy? These are all signs that it is time to throw them in the compost.

MISSION ACTION PLAN

Monitor your progress

As part of your mission, you will need to monitor your progress. Taking notes of how you felt during the mission and taking before and after pictures will help you along the way to report back your findings.



TIP

Before you start take a 'before picture'. This will allow you to see the progress you are making and provide a level of motivation to help you move forward.

MISSION ACTION PLAN

Get Ready to Declutter!

Be prepared for this mission by having all the tools ready to go to tackle the perished clutter beast that is in your refrigerator. Ready, Set, Go!

- Set-up and start the diffuser.
- Set-up and turn on the LED lamp.
- Get the garbage bag ready.
- Take a picture of your space.
- Put on the gloves or mask.
- Start Timer with 15min.



TIP

**Have your water bottle ready to go...
to stay hydrated during your mission.**

MISSION ACTION PLAN

Now, Start Decluttering

Level 1-3

Door Shelves

- We recommend taking everything out of the door shelf one shelf at a time.
- Put the items on the table or counter and close your refrigerator door.
- Start checking the dates and if the product is expired throw it out. If the product is still good, great put it aside.
- Once you completed the sorting, next you will want to clean the shelf. Be sure to pat it down dry.
- Finally, put the similar items together back on that shelf. ex: salad dressing

Repeat the same level for the remaining door shelves.



TIP

Buying in bulk is not always a bargain especially if you toss out half a jar that expired. Buy in smaller quantities can save you money and add bonus space in your fridge.

MISSION ACTION PLAN



Take the time to celebrate this win.

Now, rest-up!

Your next levels Shelves is up next in your mission.

MISSION ACTION PLAN

Continue Decluttering

Level 4-6

Shelves

- We recommend taking everything off one shelf at a time.
- Put the items on the table or counter and close your refrigerator door.
- Start checking the dates and if the product is expired throw it out. If the product is still good, great put it aside.
- Leftovers that are more than 4 days old, throw these out. After 4 days, they start to spoil.
- Once you completed the sorting, next you will want to clean the shelf. Be sure to pat it down dry.
- Finally, put the similar items together back on that shelf. ex: left overs.

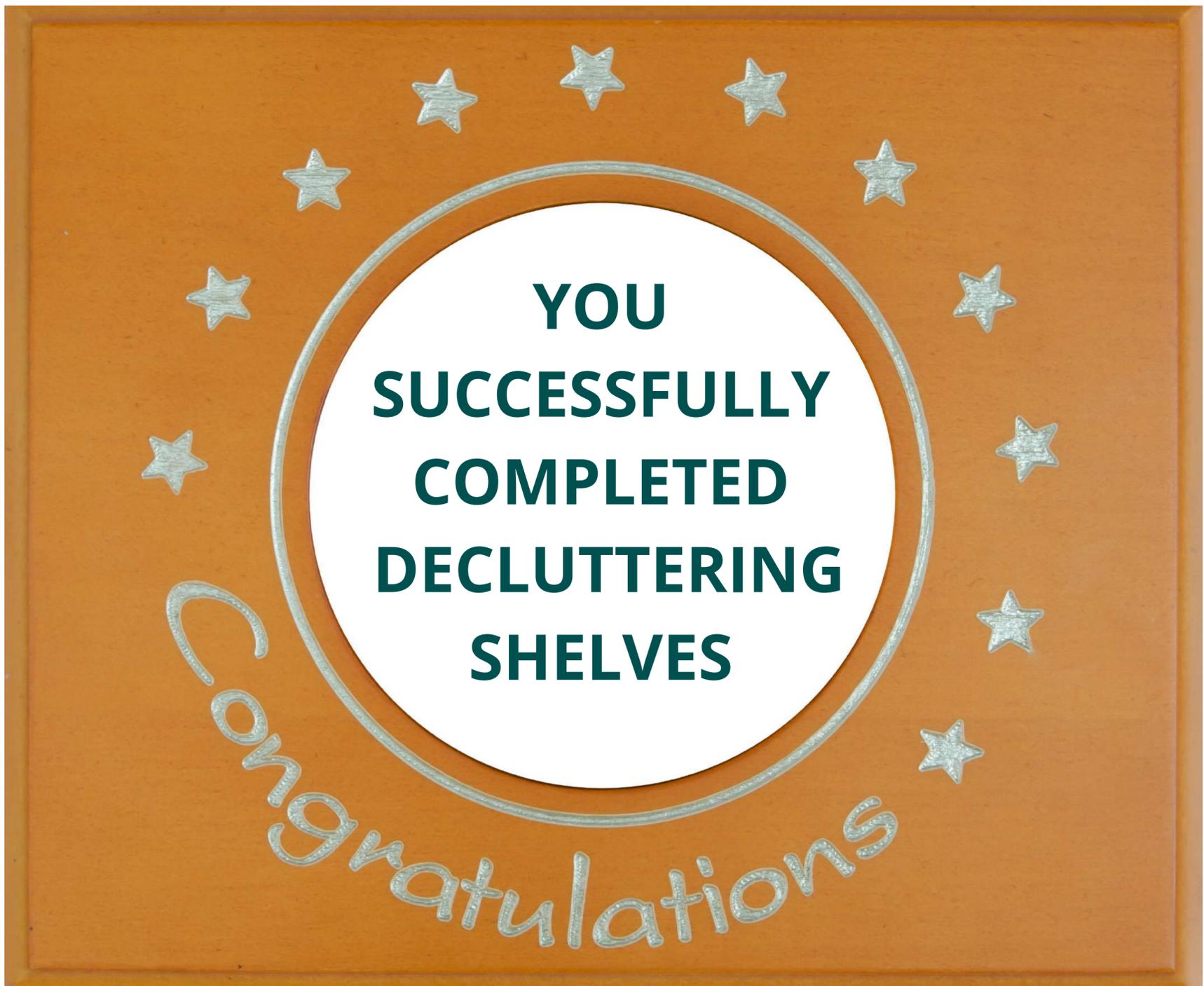
Repeat the same levels for the remaining shelves.



TIP

An easy way to maintain a clutter free fridge is while making your grocery list check in your fridge and throw out what is no good (talking about leftovers). Or before you put away your groceries, clear out the old leftovers.

MISSION ACTION PLAN



Take the time to celebrate this win.

Now, rest-up!

Your next level drawers is up next in your mission.

MISSION ACTION PLAN

Keep Decluttering

Level 7

Drawers

- We recommend taking the drawers out of the fridge.
- Put the drawers on the table or counter and close your refrigerator door.
- Start checking the produce if it looks like the the product is expired throw it out. If the product is still good, great put it aside.
- Once you completed the sorting, next you will want to clean the drawers. Be sure to pat it down dry.
- Finally, put the similar produce together back in the drawer. ex: apples/oranges.



TIP

An easy way to reduce vegetable waste is to cut your veggies right away. ex: celery, carrot etc...

MISSION ACTION PLAN



Take the time to celebrate this win.

Now, rest-up!

You are almost done your mission.

MISSION ACTION PLAN

Completing Your Mission

Now that you are almost done your mission the last level is to pack-up and go.

- Take the garbage out to your garbage can.
- Take the recycling out to your recycling bin.
- Empty the soapy water and hang up your cleaning cloth to dry.
- Take the after picture with your Camera/Cellphone.
- Start a new grocery list for items that you are out or almost out.



TIP

Declutter the refrigerator close to garbage pick-up day to minimize the smell lingering in the home or to avoid attracting nightly scavengers to come and enjoy a feast.

MISSION ACTION PLAN



★ CONGRATULATIONS ★

On a successful mission, the final step is to report back to us with details of how you handled this assignment and the results you achieved.