

# #STEPHING *challenge*



## WEEK FIVE KITCHEN & JUNK DRAWER

This week we are tackling the kitchen! This can feel overwhelming as the kitchen tends to be the heart of the home. Take it drawer by drawer and before you know it- it's done! Here are the areas we will be stephing, and in this guide I will be telling you how to tackle these areas.

### PARTS OF THE KITCHEN WE WILL BE FOCUSING ON:

- Kitchen Benches
- Tupperware Drawer/ Cupboard
  - Cooking Utensils
  - Pots and Pans
  - Cutlery
  - Junk Drawer
  - Under the Sink
- Kids Plates/ Bowls
  - Drink Bottles
- Medicine Cupboard

Starting from the beginning take everything out or off this surface and start culling, categorising and finding a home for every item. Find storage solutions to keep this area tidy such as drawer dividers etc. I will have plenty of hacks and ideas for you throughout this guide.

*Steph Pase*

## *the junk drawer*

The dreaded junk drawer and let's be honest every single household has one! For all those annoying miscellaneous items like vouchers, coins, hair ties, sunnies etc! Now the junk drawer can still be dedicated to random items but here is a super simple way to keep it organised.

Drawer dividers or tubs are what you are going to need! I got mine from IKEA and it fit perfectly!

1. Take everything out of your junk drawer and keep, throw or donate
2. Put into categories
3. Measure the space of the drawer
4. Grab a drawer organiser



## *tupperware*

This is probably one of my most asked questions; how to organise your Tupperware?

Most people find this the most complicated area to find a system for! So here is how I organise mine!

1. Stack all the bottoms of the containers together in stacks of size and type so they neatly fit into each other.
- 2/ Grab a cheap file holder and vertically store the lids. This way you can maximise space and keeps everything neat and tidy!

*Steph Pase*



## *kids plates/bowls and bottles*

Kids plates and bowls can be so messy to store and can take up a lot of room! To store kids bowls I use the 3 Tier Corner shelf, this creates more space to stack bowls and allows you to see exactly what you have. For the kids plates I have used Kmart file holders to store them vertically. Keeps them neat and zero piles of mess!



*Steph Pase*

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For kids drinks bottles and sports bottles try storing in wine holders and racks.



## *under the sink*



Here are some great Kmart hacks to keep under the sink tidy and organised! These wooden drawers are the perfect size to fit under most sinks and also have storage for items like; dishwashing tablets, cloths, sponges and cleaning products. The wooden drawers I currently use under my sink have unfortunately been discontinued, BUT as always Kmart has come through with the goods with some new wooden drawers which can be used!

*Steph Pase*

## medicine cupboard

How you store your medication will depend on the size of your cupboard, if you have a larger area like I do you can utilise tubs, baskets and boxes. For smaller sizes think about using plastic drawers or smaller containers.

- Allergies
- Cough
- Asthma
- Kids Medication
- Daily Medications
  - Cold + Flu
  - First Aid
  - Sore Throat
  - Digestion
- Creams + Ointments
  - Outdoor
  - Pain relief
  - Vitamins
  - Wellness
- Bandages + Dressings

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## *cooking tools*

You would be surprised when you go through your cooking utensils how much you don't actually need or use. Do you really need to own 3 cheese graters?!

Once you have culled unwanted items go grab a cheap drawer organiser or drawer dividers. This will help keep everything in its place.

## *pots and pans*

Pots and pans can become a mess very easily! There are tonnes of tray and pan racks out there you can use to keep this organised! 3-tiered pan holders and rack trays can be found online or at stores like IKEA. You can also use a cheap file holder to store your cooking trays.



**I can't wait to see your progress! Don't forget to tag me and use the hashtag #stephchallenge on Instagram to potentially win a \$50 Little Label Co voucher every week!**

*Steph Puse xx*