

*Buy This
Cook That*

5 Steps to a Clean Kitchen



Simple step-by-step plan to
cleaning the busiest room in
your house!

made with
Beacon

Introduction

If your kitchen is anything like ours, it is the busiest room in the house! Kitchens are often the gathering place of an entire family...and a catch all for everything.

Take control of the mess. This quick read will help you start fast and get the job done.

--Buy This Cook That

Break out those cleaning supplies, people. It is time to get down and dirty in your kitchen for some heavy duty cleaning!

There is nothing like a nice clean kitchen that makes you want to get in there and dirty it up again with all of your delicious home-cooking.

Here is our checklist to get you started. And us started. We are a real (messy) family living in a real kitchen, so our house needs cleaning, too.

Happy Cleaning!



About Us

So exactly what is Buy This Cook That?



Our Story

We love food. Buying it, thinking about it, preparing it, cooking it, eating it, ***cleaning up after it.*** Storing it, planning for it. Growing it, needing it, wanting it, loving it. Sharing it.

My father taught me how to cook at a young age. I soon learned the value of being able to put a meal on the table with whatever food we had on hand.

Today, putting a meal on the table gets a little tricky. My husband and I are both employed full-time. Our 3 daughters have full-time lives. Getting home from work and coming up with an evening meal, cooking, cleaning, life...drive thru, please?

Our Inspiration

So, how do we do it all today? How can families of today have jobs, enjoy activities, stick to the budget, and spend quality family time in the kitchen with meals WE prepared?

Sometimes...we don't do it all. But we try.

For us, the answer is in our past. I look to my parents, grandparents, and family for inspiration. They didn't have it easy. They did not have the modern conveniences and ingredients that we have today. They, too, had jobs, bills, and busy lives. They didn't have a lot of money. But they always made the time and took the time to put delicious food on the table. And to CLEAN UP!

Buy This Cook That is dedicated to sharing with others how our family inspires us to cook, to prepare, and to provide. It is also dedicated to our followers...the food lovers out there who want to do the same for their family.

Our Goal

The goal of Buy This, Cook That is to provide helpful grocery tips on how to shop on a budget, how to make good food choices, and how to prepare yummy meals. We hope to be a resource to aspiring, new home cooks, busy families who need new ideas, and even foodie experts who may want a taste of down-home.





Step 1: Overhaul That Pantry

This might be the hardest part. Let's go ahead and get it over with.



Overhaul That Pantry



Overhaul that Pantry

Take everything out. Yes, every single thing. Dig deep for that 3 year old unopened and expired box of mac and cheese from 2014. (Please raise your hand if you are guilty.)

Once you get everything out, toss anything that is old or expired. Organize what's left into similar categories. (Group all canned goods together, the pasta together, boxed goods together.)

Clean the inside of your pantry cabinets with warm mildly soapy water and wipe with clear water. Let dry.

Place food back inside nice and tidy. This would be a great time to invest in inexpensive plastic containers for items such as pasta, cereal, flour, dried beans, rice, etc.

Here are some great ideas on making your pantry functional and pretty:

[How to Organize Your Pantry | Just a Girl and Her Blog](#)(otherwise known as my dream pantry)

[11 Products for Pantry Organization | Buy This Cook That](#)

[Free Label Printables | Shabby Creek Cottage](#)



Step 2: Face the Fridge & Freezer

Ok, I lied. THIS is the hardest part.



Face the Fridge & Freezer



Face the Fridge & Freezer

You have probably put it off too long. Don't act like you don't know. Time to deep clean that refrigerator and freezer. Ugh. I know. This step is going to hurt.

Let's face our fears together and attack this chore head on. No one needs 24 partial jars of jellies, pickles, and whatever that stuff was.

Just like in step 1, you have to take everything out of the fridge and freezer. I recommend starting with the fridge, finish that, and then move to the freezer.

If the food is old, expired, or otherwise questionable, toss it out. Then take this moment to evaluate how you use food in your home:

A-What are you wasting?

B-Could you do a better job of [managing your food inventory](#)?

C-How can you plan your weekly menu to include what you have now, instead of spending more at the store?

While the fridge is empty, clean and sanitize. If possible, remove shelves and drawers and wash them with hot, soapy water. If not, give them a good wipe down with sudsy water and wipe clean.

Place food back inside in an organized fashion. Don't forget to wipe down the outside of the fridge...and clean the top, too. No one sees it, but the dust bunnies have built a home there.



Step 3: Clean Your Appliances

Yep. It is time.



Clean Your Appliances



Clean Your Appliances

This is similar to Step #2, but includes everything like your oven, stove top, microwave, toaster, dishwasher, toaster, mixer, coffee maker, etc.

Basically, anything that has any residue or unidentified "crud" on it anywhere.

My family is very guilty of using an item, and then just tossing it back into the cabinet for storage.

Oh, and let's not discuss the microwave. Nightmares.

This is an essential cleaning step you cannot ignore. I mean, you can ignore it, but that's kinda gross.

Now is the time to wipe it down, scrub it up, and make it shiny and like-new.

You've put it off too long, my friend.

Check out these ideas for cleaning your appliances:

[Appliance Cleaning Checklist | Real Simple](#)

[How to Clean Appliances | Martha Stewart](#)



Step 4: Declutter Your Kitchen Drawers

You can do this. I know you can.



Declutter Your Kitchen Drawers



Declutter Your Kitchen Drawers

For me, this is the most painful thing to do. I mean, I need 13 spatulas and all of those wine corks I have saved for Pinterest crafts, don't you? I NEED those twisty ties like I need air. I must have 3,426 shopping bags on hand at all times, just in case. Right?

Wrong.

Empty them all. I mean it. Totally empty every drawer in your kitchen. Wipe them down with sudsy water or a good cleaner.

Then have a heart to heart with yourself.

Keep items of sentimental value, like your grandmother's measuring spoons.
Keep the things you use all the time.

Toss broken items, rusted items, dull items, items you have no idea what they are, and donate good items that you have too many of (like spatulas).

Group similar items together and evaluate if you can add [drawer organizers](#) to help [maximize your storage](#)

space.



Step 5: Scrub & Shine Surfaces

We're almost done!!



Scrub & Shine Surfaces



Scrub and Shine Surfaces

Once you have overhauled your pantry, fridge, drawers and appliances, time to knock out those surfaces. You can't call it cleaning until the surfaces are conquered.

Remove all clutter from your sink and counters. Deep clean using a good sanitizing cleaner that is safe for your type of surface.

Remove dishes from cabinet shelves and wipe down. Then polish your cabinet exterior with furniture cleaner. Or, if they are really grimy, use a soapy mixture of regular Dawn detergent and water, then wipe down.

If your cabinet exteriors are really greasy, you can use a highly diluted mixture of warm water and [Trisodium Phosphate \(TSP\)](#) TSP powder.

You can find this at most home and hardware stores. Follow package directions and *test your surfaces before using*. We have personally have used this and highly recommend it.

Like, it is magic.

Last step, scrub and [shine up those floors!](#) The method you use will depend on your type of flooring. Here are some great methods to use:

[Floor Cleaning Tips | Merry Maids](#)

[8 Tricks to Clean Any Floor | Real Simple](#)

[How to Clean Your Kitchen Floor | HowToCleanStuff.net](#)

Grab the spouse, grab the kids and get in the kitchen this weekend. Or kick them out and do it yourself. Whatever works best for you, let's tackle our Kitchen Cleaning!



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Newsletter for more helpful tips,
recipes, and fun stuff. :)

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