



1-Hour to High-Vibe

# YOUR KITCHEN ACCESSORIES

EAT CLEANER

PROJECT

Kitchen accessories: we all have them, and boy can they can they get a little out of hand when it comes to quantity and quality.

Whether you find yourself with three can openers and no manual citrus squeezer, or everything you have has seen better days, in the next hour you have the opportunity to take a fresh look at your current kitchen accessories category by category, and put yourself in a position where you can actually get excited by them!

The truth is, although historically most kitchen accessories have looked a little bland or uninspired, these days you have the opportunity to make them one of the best looking and most enjoyable aspects of your kitchen experience – so let's get started.

**STEP 1 Begin by deciding what kind of overall theme and look you would like to have running through your kitchen accessories.** For example, do you prefer things au naturel with wood taking centre stage wherever possible? Or are you more in love with glass, metal or acrylic? Do you like things to be all matchy-matchy, or bursting with colour like the famous *joseph joseph* brand?

What would you love to claim for yourself and your kitchen?

Style/theme

Materials

Colour/s

Now that you have your style, materials and colours decided, the scene is set! These will be your touchpoints moving forward when it comes to you making decisions around what you keep, release, purchase or upgrade later.

Over the rest of this playbook, you'll be visiting with each category of your kitchen accessories one-by-one, and on the last few pages you'll find your one-stop master list to help you capture what you decide. This way, by the end of your hour, you'll have a complete gameplan for your entire range of kitchen accessories so that they all sync up with your desired style and aesthetic. Et voila! You'll have high-vibed your kitchen accessories, or be well on your way.

## INSTRUCTIONS

Within each category of kitchen accessories that we visit on the following pages, you'll find a list of items that fall within that category. You may not own or want/need to own all of them, and maybe you even have some more items not on this list that fall within this category. Either way, your action step is to locate all of them, even if it's just looking at them in a cupboard or drawer, and make a decision as to what you want to do with each item. As a reminder, your four options are: Keep, Release, Purchase, Upgrade Later. Use the corresponding chart at the back of this workbook to log your decisions. You'll also find spaces in that chart to add any that are not listed here.

Final note: We are only looking at non-electrical kitchen items in this session.

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### Category ① EATING & DRINKING ACCESSORIES

- Plates
- Bowls and dishes
- Side plates
- All cutlery
- Tablecloth/s
- Salt & pepper pots
- Oil & vinegar bottles
- Sauce bottles
- Glasses
- Mugs
- Tea pot/s
- Teacups
- Tea strainer
- Teabag holder
- Water filter jug
- Flask
- Travel cup/mug
- Straws
- Glass charms/identifiers
- Picnic set

### Category ② KNIVES & CUTTING

- Chef's knife
- Utility knife
- Paring (vegetable) knife
- Bread knife
- Small serrated knife
- Machete
- Knife sharpener
- Cutting board – small
- Cutting board – medium
- Cutting board – large

**Category ③ PREPARATION AIDS**

- Scissors
- Citrus squeezer (manual)
- Garlic press
- Grater/s
- Zester
- Hand whisk
- Spatula
- Vegetable peeler
- Mandoline
- Spiraliser
- Vegetable chopper
- Slicer
- Corer
- Cookie/burger shaper
- Ice cube trays
- Ice lolly moulds
- Moulds - other
- Mixing bowl – small
- Mixing bowl – medium
- Mixing bowl – large

**Category ④ MEASURING**

- Scales
- Measuring cups
- Measuring spoons
- Jug – small
- Jug – medium
- Jug – large

**Category ⑤ OPENERS & SEALERS**

- Can opener
- Jar opener
- Bottle opener
- Corkscrew
- Bag clips
- Ziplock bags
- Sandwich bags
- Foil
- Cling film
- Herb saver

**Category ⑥ COOKING**

- Saucepan – small
- Saucepan – medium
- Saucepan – large
- Frying pan – small
- Frying pan – medium
- Wok
- Baking tray
- Baking sheet
- Large spoon
- Slotted spoon
- Draining spoon
- Draining sieve
- Masher
- Ladle
- Slotted turner
- Colander
- Sieve – small
- Sieve – medium
- Barbeque set

## Category 7 SERVING

- Salad servers
- Tongs
- Ice-cream scoop
- Pizza cutter

## Category 8 STORAGE JARS & CONTAINERS

- Storage jars
- Storage boxes
- Storage bottles
- Tupperware/airtight containers
- Fridge storage systems
- Vitamin keeper
- Storage containers (misc. other)
- Spice jars
- Teabag caddy

## Category 9 RACKS & HOLDERS

- Sink rack/drainer
- Sink caddy
- Kitchen roll holder
- Spice rack
- Lid rack
- Pan rack
- Tray rack
- Board rack
- Cup holder
- Mug rack
- Glass holder
- Storage shelf
- Storage unit
- Lazy Susan
- Tea towel hook

## Category 10 CLEANING, WASTE & RECYCLING

- Dishcloths
- Sponges
- Scouring pads
- Scrubbing brush
- Tea towels
- Kitchen roll/paper
- Waste bin
- Recycling bin
- Compost bin

ITEM	KEEP	RELEASE	PURCHASE	UPGRADE LATER
<b>EATING &amp; DRINKING ACCESSORIES</b>				
Plates				
Bowls and dishes				
Side plates				
All cutlery				
Tablecloth/s				
Salt & pepper pots				
Oil & vinegar bottles				
Sauce bottles				
Glasses				
Mugs				
Tea pot/s				
Teacups				
Tea strainer				
Teabag holder				
Water filter jug				
Flask				
Travel cup/mug				
Straws				
Glass charms/identifiers				
Picnic set				
<b>KNIVES &amp; CUTTING</b>				
Chef's knife				
Utility knife				
Paring (vegetable) knife				
Bread knife				
Small serrated knife				
Machete				
Knife sharpener				
Cutting board - small				
Cutting board - medium				
Cutting board - large				

ITEM	KEEP	RELEASE	PURCHASE	UPGRADE LATER
<b>PREPARATION AIDS</b>				
Scissors				
Citrus squeezer (manual)				
Garlic press				
Grater/s				
Zester				
Hand whisk				
Spatula				
Vegetable peeler				
Mandoline				
Spiraliser				
Vegetable chopper				
Slicer				
Corer				
Cookie/burger shaper				
Ice cube trays				
Ice lolly moulds				
Moulds - other				
Mixing bowl – small				
Mixing bowl – medium				
Mixing bowl – large				
<b>MEASURING</b>				
Scales				
Measuring cups				
Measuring spoons				
Jug – small				
Jug – medium				
Jug – large				

ITEM	KEEP	RELEASE	PURCHASE	UPGRADE LATER
<b>OPENERS &amp; SEALERS</b>				
Can opener				
Jar opener				
Bottle opener				
Corkscrew				
Bag clips				
Ziplock bags				
Sandwich bags				
Foil				
Cling film				
Herb saver				
<b>COOKING</b>				
Saucepan – small				
Saucepan – medium				
Saucepan – large				
Frying pan – small				
Frying pan – medium				
Wok				
Baking tray				
Baking sheet				
Large spoon				
Slotted spoon				
Draining spoon				
Draining sieve				
Masher				
Ladle				
Slotted turner				
Colander				
Sieve – small				
Sieve – medium				
Barbeque set				

ITEM	KEEP	RELEASE	PURCHASE	UPGRADE LATER
<b>SERVING</b>				
Salad servers				
Tongs				
Ice-cream scoop				
Pizza cutter				
<b>STORAGE JARS &amp; CONTAINERS</b>				
Storage jars				
Storage boxes				
Storage bottles				
Tupperware/airtight containers				
Fridge storage systems				
Vitamin keeper				
Storage containers (misc. other)				
Spice jars				
Teabag caddy				
<b>RACKS &amp; HOLDERS</b>				
Sink rack/drainer				
Sink caddy				
Kitchen roll holder				
Spice rack				
Lid rack				
Pan rack				
Tray rack				
Board rack				
Cup holder				
Mug rack				
Glass holder				
Storage shelf				
Storage unit				
Lazy Susan				
Tea towel hook				

