

# 100 Things to get rid of

## KITCHEN & PANTRY

- Sponges, brushes, and dish scrubbers that are worn (or gross)
- Food storage containers that no longer have a purpose
- Expired food in your fridge, freezer, and pantry
- Tinned food you don't plan on using (you can donate this)
- Expired spices and seasonings
- Packaged sauces and dressings you only use occasionally/expired
- Unused small appliances or ones that have broken/missing pieces
- Expired vitamins or supplements
- Unused cookbooks
- Mugs and glasses or silverware you no longer need or use
- Any extra plates or silverware you no longer need or use
- Cooking utensils you don't use
- Scratched nonstick pans
- Unused pots or pans
- Worn oven mitts with holes
- Extra magnets you never use on the fridge
- Items under the sink that are no longer needed
- Printed or saved recipes you don't use

## BEDROOM & CLOSET

- Clothes that no longer fit or are uncomfortable
- Clothing with holes, rips, stains, faded colors (unless for play/work)
- Clothes you haven't worn in a year
- Pajamas you don't sleep in
- Underwear that is uncomfortable or has rips or holes
- Shoes you never wear or find uncomfortable
- Old shoe boxes

# 100 Things to get rid of

- Discarded gift wrap and bags
- Unused purses/handbags/wallets
- Old backpacks that are no longer used
- Bridesmaid/old prom dresses
- Jewelry you no longer wear/like
- Earrings without matches
- Old belts and ties that are broken or bent beyond repair
- Ripped or frayed bedsheets/pillowcases/blankets
- Nightstand clutter
- Kids' toys that are no longer played with or are broken
- Games and puzzles with missing pieces
- Sheets that no longer fit

## LAUNDRY ROOM

- Empty detergent bottles or other containers
- Old or broken laundry baskets that you no longer use
- Unused dryer sheets or fabric softener
- Socks that do not have matches

## LIVING ROOM

- Old remote controls
- Old entertainment center items (DVD players, video game consoles)
- DVDs, CDs, or video games you no longer use
- Outdated decor and furniture with no sentimental value
- Coffee table books or magazines that are not read
- Extra coasters

## BATHROOM

- Expired makeup you've had forever
- Empty product bottles

# 100 Things to get rid of

- Hair styling tools you never use
- Old contact lens cases
- Dried up nail polish
- Old nail files
- Plastic shower caddies with missing pieces
- Expired medicine or vitamins
- Any old prescriptions that are out of date
- Old towels and washcloths that have tears, stains, faded colors
- Old toothbrushes
- Cleaning supplies you never use
- Perfumes or body sprays you don't like or use
- Old bath mats that are not being used

## GARAGE/BASEMENT/OUTDOOR

- Exercise equipment you no longer use
- Holiday decorations you never put up
- Boxes you are storing random items in that do not have a home/use
- Toys and sporting equipment not being used
- Garden tools that are dull or rusty
- Ladders no longer in use with missing pieces/broken parts
- Leftover paint supplies that have dried up
- Umbrellas that are damaged or broken
- Tools you never use (and probably never will)
- Tools in need of repair that have been sitting around for a while
- Storage containers with missing pieces/no purpose

## OFFICE/PAPER ITEMS

- Expired coupons
- Old utility bills (or duplicate copies)

# 100 Things to get rid of

- Unopened mail
- Junk mail and flyers
- Old notebooks
- Out-of-date calendars, planners, and organizers
- Expired warranties
- Old greeting cards (unless they are special to you)
- Empty folders that serve no purpose
- Misc. piles of paperwork cluttering your desk
- Pens and markers that no longer work
- Old restaurant menus

## MISC. ITEMS

- Books you will never read again
- Old textbooks from college
- Old phone cases
- Old phones and/or other unused or broken electronics
- Useless power cords
- Broken crayons and other art supplies
- Old product manuals
- Old business cards
- Old or unused lightbulbs
- Lamps that do not work
- Unused mattresses, desks, or other large items
- Any throw rugs you don't use and/or like
- Unused candles and candle holders
- Dusty knickknacks taking up space
- Product samples or useless items from events
- Whiteboards that are not used