

Consuming Thoughts

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For Berks Co.



Spring cleaning means getting organized — having a yard sale with what you no longer need and finding convenient spots for the

things you do need. If your lifestyle is at all hectic, the way you organize your home can have a direct impact on your productivity

and your family's happiness.

One of the best places to start the organization process is in the kitchen. Making the space you have work better, especially in the kitchen, is an important need in today's home planning. You can begin by removing utensils or dishes from your kitchen drawers and cabinets. Then, sort them into several different categories, according to where they're used.

Dishes, silverware, and cleaning tools belong near the sink. Pots and pans, cooking spices and other cooking utensils should be placed within easy reach of the range. Raw foodstuffs, baking spices and food preparation equipment, such as mixing bowls and measuring cups, belong near the food preparation area.

If you often find yourself searching frantically for the right measuring spoon, a bottle opener or your complete set of corn-on-the-cob holders, here's a simple solution: keep kitchenware sets together by storing them in separate plastic bags or small containers. As you are cleaning the kitchen area, look for dishes, utensils or cutting boards which do not meet food safety standards and dispose of them accordingly. Things to look for include dishes or glassware that are chipped or cracked. Discard knives and other utensils such as cutting boards that are split and have cracks, crevices in which food particles may become lodged.

For a more organized look in your pantry, repackage items such as coffee, flour, sugar, beans, pasta and other dry goods in similar containers such as clear glass canning jars or stackable containers or plastic bags in a storage bin.

A desk in the kitchen can also be a source of clutter if cookbooks, magazines and recipes are not organized. Many of us are cookbook fanatics and we collect more cookbooks than we'll ever use in a lifetime. If storage space is limited in desk area, only store the cookbooks that are used most often in that area and set up another area in the home for storing your entire collection.

Once you've successfully reorganized your kitchen and other rooms in your home, you'll probably find you've got more free time on your hands. So, why not sign up for the Penn State Weight Management classes... or get involved with Cooperative Extension Family Living Advisory Committee... or become a 4-H leader.

Lancaster Farming, Saturday, April 9, 1994-B9

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Moms-At-Home To Meet

LEESPORT (Berks Co.) — The Moms-at-Home meeting on April 28, will focus on "Understanding the Nutrition Facts," as taught by Fay Strickler, extension home economist. It will be held at the Berks County Agricultural Center, auditorium from 7-9 p.m. For more information, call (215) 378-1327.



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