

ADDITUDE

Strategies & Support for ADHD and Beyond

**USER'S GUIDE TO
DIGITAL THERAPIES**

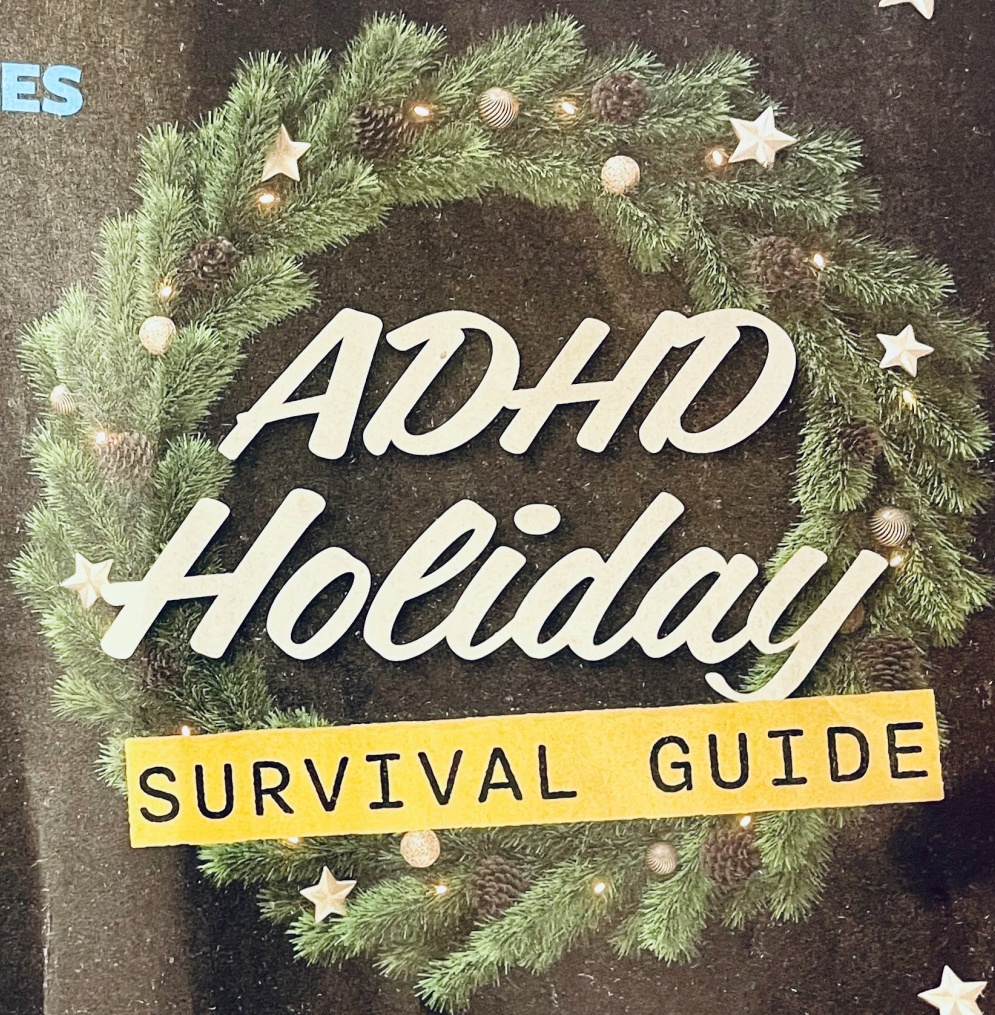
**POST-TRAUMATIC
GROWTH**

**5 TIDY KITCHEN
SECRETS**

**JUST DIAGNOSED
AT 50? 60?**

**HOW STRESS
IMPEDES LEARNING**

**PULLOUT:
SCHOOL BEHAVIOR
FIX-IT PLAN**



SURVIVAL GUIDE

- **Setting Boundaries**
- **Family Feuds**
- **Clever Gift Ideas**

EXCLUSIVE
MENTAL HEALTH REPORT

**The Kids (and Adults)
Are Not Alright**

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5 Sharp Kitchen Organization Ideas

Get rid of ADHD clutter and make room to cook healthy meals.



I desperately want to eat healthier and lose weight, but my kitchen is so messy that it's hard for me to cook. How can I organize my kitchen in a way that works for my ADHD brain?

A CHAOTIC KITCHEN CAN MAKE US FEEL stressed and lead to unhealthy eating. Conversely, a clean and organized kitchen may inspire healthy cooking and may even lead to weight loss.



Here are five ADHD-tested kitchen organization ideas to get you started.

Tip #1: Purge and Prep

Begin your kitchen detox by completely purging before prepping for a new organizing system. Toss anything that's broken, chipped, expired, or is missing parts. These items rob you of valuable kitchen space and make it much harder to see and access what you truly use. Donate gently used small appliances, gadgets, and items you no longer like, need, or want.

Next, create a meal-planning/shopping station. Menu planning is an essential part of any successful weight loss plan. The more you plan, the more likely you will be to make healthy choices. Create a space in the kitchen to post grocery lists and menu plans for the week. Post meal plans where you can easily see them. When they're visible, healthy plans become your accountability partner.

Tip #2: Group Your Goods

Most people put away their groceries wherever they can find room. It's best to group related items together—canned goods, condiments, nuts and seeds, and baking items. This will make it a breeze to find ingredients when preparing meals.

Tip #3: Create Easy Access

Put your most-used cooking tools in an easy-to-reach area for quick access. Move seldom-used items, such as holiday dishes or party platters, to an out-of-the-way shelf or another location.

In your refrigerator, put your fruit and vegetables at eye level—cut them up for instant snacks. This way, you're more apt to see and grab them when you open the door. Keep containers filled with healthy snacks on countertops for easy access.

Tip #4: Be Transparent

Don't make food prep more difficult by keeping ingredients in opaque containers. Instead, line the refrigerator, pantry, and countertops with transparent canisters so you can see what's inside.

Tip #5: Evaluate and Adjust

Regularly assess your organizational systems. Do you need more space for meal prep or for pots and pans? When you evaluate how well your kitchen organization works, you're able to make tweaks that promote healthy cooking. If you need to sort through a stack of trays and mixing bowls each time you want a pan to roast veggies, chances are you will get frustrated and overwhelmed. The solution is to try to keep gadgets to a minimum, and place what you frequently use front and center, so that you're always ready to throw together the ingredients for a healthy meal. ▣



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