



## CONTACT

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## TARGETED AREAS

- Fridge
- Freezer
- Pantry
- Food storage areas
- Kitchen storage areas (drawers, cupboards)
- Countertops

## RESULTS

- Improved organization
- Efficient workflow
- Designated zones based on purpose and workflow
- Efficient meal prep
- Clutter-free space = clutter-free mind

# KITCHEN AUDIT

## WHAT TO EXPECT...

During this two-hour visit, I will snoop around your kitchen and ask you a lot of questions related to workflow, storage, and organization. We will begin to create zones and organize them for efficiency. I will do as much as I can with you while I am there. At the end of the visit, I will provide you with a list of suggestions to work on once I have left.

## HOW TO PREPARE...

- Answer the pre-visit questionnaire in as much detail as possible
- Provide pictures of problem areas
- Explain problem areas in as much detail as possible
- Acquire desired storage solutions if you already have something in mind

## WHAT TO DO AFTER...

- Acquire more storage solutions if required
- Maintain the systems and zones we set up
- Apply meal prep strategies for food storage
- Adjust if you find the systems aren't working for you