



WORKSHEET #3

The Detoxed Kitchen

Kitchanatomy - 10 Step Kitchen Detox

In this class I identified 3 emergency areas that need to be evaluated in your kitchen, cookware, food storage and toxins under the sink. This is the physical detox of your kitchen. Please refer to the eBook attached to this class for tips on detoxing under your sink. Answer the questions below to determine a need for change. Use the textbook to help you answer some of these questions. This is a process and not an event so don't get frustrated if you can't complete this worksheet and make changes in a just a few days. Take your time and be mindful of the changes you are making.

Cookware:

What type of cookware do I have?

Is it toxic?

Is it damaged?

Do I need an upgrade?

Food Storage:

What am I storing my food in?

Is it toxic?

It is stained, damaged, or missing lids?

Do I need an upgrade?

Toxins Under the Sink:

What am I cleaning with?

Is it toxic?

Do I need to find safer products?

ROADBLOCK. It is ok to continue to other classes if you can't afford or don't have time to replace cookware or food storage. Put them on the TO DO LIST worksheet and continue on.