



Tips to Tame Housework

Cooking, shopping, and household cleaning are activities you cannot live without. But there are ways to manage these essential tasks so you can spend more time with your family and friends doing the activities you enjoy! Here are some tips to tame that housework.

Schedule Your Time

Make weekly schedules for laundry, shopping, and cleaning. Divide chores among family members. Use a daily to-do list to prioritize tasks and family commitments. Keep track of the time you spend on various household tasks. Understanding where your time is going, will help you better organize it.

Conquer Cleaning Chaos

Organize and store your cleaning supplies so you don't have to hunt for them when you need them. Use a cleaning service for the seasonal and heavy-duty cleaning tasks.

Tame Clutter

Use a common clutter basket at the foot of the stairs or in each room. Then make a practice of stashing away all the clutter before leaving a room.

Shop Smart

Do your grocery shopping once a week. Eliminate time-consuming stops by shopping at one market. Buy nonperishable items in large quantities. Shop for furniture and other large items at stores that offer delivery services. Whenever possible, shop online and have items delivered to you.



Use Grocery Lists

Use a grocery check-off list that has all your standard purchased items on top and additional space below for write-in requests. Post the list on the refrigerator. Your family can help check off needed items throughout the week.

Laundry Helpers

Ask younger children to help sort and fold laundry. Older children can assume laundry care once a week. To save sorting time and avoid mismatched socks, buy multiple pairs of your favorite style and color.

Take Your Family Out

Make it a standing family date to dine out once a week. Don't force yourself to cook if you don't feel like it, instead order a take-away dinner and have dinner delivered occasionally.



Slash Cooking Time

Keep food simple, easy, and nutritious. Serve fresh, uncooked fruits and vegetables sliced, with minimal garnish or dip. When cooking a main dish, make enough to freeze for another time. Prepare dinners with extras for next day leftover lunches.

Rethink Your Appliances

Use a microwave or convection oven, frost-free freezer, self-cleaning conventional oven, and food processor to help save time.

Thoughts on Mindfulness

Few of us ever live in the present. We are forever anticipating what is to come or remembering what has gone. Louis L'Amour

Mindfulness isn't difficult, we just need to remember to do it. Sharon Salzberg