



Do you find.....

- yourself wandering aimlessly around your kitchen?
- you have cupboards full of stuff, yet no where to put anything?
- yourself stressed over menu planning, food preparation & grocery shopping?
- yourself feeling overwhelmed?
- yourself wishing you had more time?
- you wish you had someone to help you organize your life?

If you have answered “yes” to even one of these questions....then please allow us to help you get to the.....Heart of the Matter!

The Kitchen - Heart of the Home ***(45 - 90 minute workshop)***

There is just no getting away from it. Our refrigerators and cupboards need to be restocked regularly. Our families need to eat well balanced meals, and for some reason these responsibilities never seem to go away!!



Workshop Topics Include

- work smarter not harder.....in the kitchen
- organizing in zones
- menu planning & grocery shopping
- kitchen routines
- getting the family on board
- tips and time savers

