

# Simple Homemaking Starter Kit



Dear Friend,



Welcome to your journey toward a more simplified and fulfilling homemaking experience! As someone who has embraced the beauty of simple living for over a decade, I understand the joys and challenges that come with managing a home. My hope is that this starter kit serves as a comforting resource, providing you with practical tools and inspiration to create a nurturing environment for yourself and your loved ones.

Within this kit, you will find easy recipes made with everyday ingredients, straightforward checklists to help you establish a rhythm in your home, and encouraging resources to guide you on your path. Each section has been thoughtfully curated to promote a sense of peace and contentment, reminding you that homemaking doesn't have to be overwhelming; it can be a rewarding and enjoyable journey.

Whether you're a seasoned homemaker or just beginning to find your way, I invite you to take a deep breath and embrace the simplicity of these resources. May this kit inspire you to cultivate a home filled with love, joy, and cherished moments.



Happy homemaking!

Warmly,

*Amanda*

*Sunshine Valley WV*



*"She looketh well to the ways of her household, And eateth not the bread of idleness."*

*Proverbs 31:27*

# House Cleaning Checklist



## General Cleaning

- Sweep and mop or vacuum all floors and rugs
- Dust all surfaces, including furniture, shelves, and decor
- Empty all trash cans and replace liners
- Wipe down all appliances, including the stove, oven, microwave, and refrigerator
- Wipe down mirrors and windows
- Disinfect all high-touch surfaces, such as doorknobs, light switches, and countertops
- Clean and sanitize toilets, sinks, and showers/bathtubs
- Straighten up and organize all living spaces

## Kitchen Cleaning

- Clean and sanitize all surfaces where food is prepared, including countertops, cutting boards, and sinks
- Clean the stovetop, oven, and microwave
- Clean and organize the refrigerator and freezer, disposing of expired food items
- Wash dishes and clean the sink

## Bathroom Cleaning

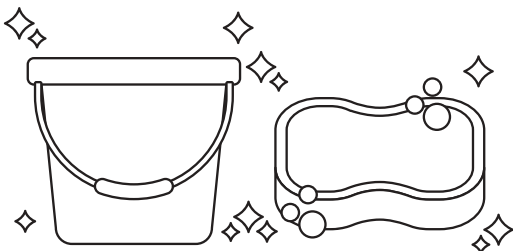
- Clean and sanitize toilets, sinks, and showers/bathtubs
- Clean mirrors, windows, and any other surfaces
- Replace towels and bath mats
- Empty and clean the trash can

## Bedroom Cleaning

- Change the sheets and pillowcases
- Dust all surfaces, including furniture, shelves, and decor
- Vacuum or sweep the floor and rugs
- Straighten up and organize the closet and dresser

## Other Cleaning Tasks

- Clean windows and screens
- Dust blinds and curtains
- Clean light fixtures and ceiling fans
- Clean and dust baseboards and molding
- Deep clean carpets and upholstery
- Clean and organize the garage or storage areas



# CLEANING

## *checklist*

### DAILY

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- |   |  |
|---|--|
| <input type="checkbox"/> MAKE BEDS          | <input type="checkbox"/> PICK UP CLUTTER |
| <input type="checkbox"/> LOAD DISHWASHER    | <input type="checkbox"/> SWEEP FLOORS    |
| <input type="checkbox"/> PICK UP LAUNDRY    | <input type="checkbox"/> TAKE OUT TRASH  |
| <input type="checkbox"/> WIPE DOWN COUNTERS | <input type="checkbox"/> PUT AWAY TOYS   |
| <input type="checkbox"/> CLEAN SINK         | <input type="checkbox"/> SORT MAIL       |

### WEEKLY

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- |  |   |
|--|---|
| <input type="checkbox"/> CHANGE BED SHEETS     | <input type="checkbox"/> CLEAN OVEN / MICROWAVE   |
| <input type="checkbox"/> VACUUM CARPETS & RUGS | <input type="checkbox"/> WIPE DOWN APPLIANCES     |
| <input type="checkbox"/> MOP FLOORS            | <input type="checkbox"/> CLEAN TOILETS            |
| <input type="checkbox"/> DUST FURNITURE        | <input type="checkbox"/> CLEAN SHOWERS & BATHTUBS |
| <input type="checkbox"/> DEEP CLEAN KITCHEN    | <input type="checkbox"/> CLEAN MIRRORS            |

### MONTHLY

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- |  |  |
|--|--|
| <input type="checkbox"/> CLEAN FRIDGE          | <input type="checkbox"/> WASH OUT TRASH CANS     |
| <input type="checkbox"/> WIPE KITCHEN CABINETS | <input type="checkbox"/> WASH PILLOWS & BLANKETS |
| <input type="checkbox"/> CLEAN WINDOWS & DOORS | <input type="checkbox"/> CLEAN BATHROOM CABINETS |
| <input type="checkbox"/> DECLUTTER CABINETS    | <input type="checkbox"/> WASH BATH RUGS          |

### YEARLY

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- |   |  |
|---|--|
| <input type="checkbox"/> DEEP CLEAN UPHOLSTERY  | <input type="checkbox"/> WASH WINDOW BLINDS          |
| <input type="checkbox"/> DEEP CLEAN CARPETS     | <input type="checkbox"/> EMPTY AND DECLUTTER SHELVES |
| <input type="checkbox"/> CLEAN STORAGE AREAS    | <input type="checkbox"/> CLEAN AIR CONDITIONERS      |
| <input type="checkbox"/> SCRUB FRIDGE & FREEZER | <input type="checkbox"/> WASH DUVETS & BLANKETS      |

# Decluttering Checklist

## KITCHEN

- Expired food

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- Plastic cutlery

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- Stained containers

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- Broken bottles

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- Old mugs

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- Unused appliances

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## BATHROOM

- Old travel items

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- Expired makeup

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- Expired medicinal products

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- Old toothbrushes

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- Dried nail polish

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- Duplicate items

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## BEDROOM

- Old clothes

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- Old shoes

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- Unpaired socks

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- Unused items

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- Broken or unused accessories

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- Extra hangers

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# Decluttering Checklist

## OFFICE

- Old bills

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- Used notebooks

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- Dried pens and markers

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- Old menus and flyers

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- Used gift cards

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- Old calendars

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## GARAGE

- Empty boxes

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- Loose screws and bolts

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- Old paint

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- Unused tools

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- Boxes unopened for over one year

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- Old party supplies

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## MISCELLANEOUS

- Unused linen

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- Expired cleaning products

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- Burned candles

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- Board games and puzzles with missing pieces

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- Outdated consoles, phones and cords

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- Old toys

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*"She riseth also while it is yet night, And giveth meat to her household, And a portion to her maidens."*

*Proverbs 31:15*



# WEEKLY MEAL PLAN

"Stay Nourished, Stay Healthy"

|   |                     |
|---|---------------------|
| <b>Monday</b>      | <b>Goals</b>        |
| B   |                     |
| L   |                     |
| D   |                     |
| <b>Tuesday</b>     | <b>Grocery List</b> |
| B   | • ..... • .....     |
| L   | • ..... • .....     |
| D   | • ..... • .....     |
| <b>Wednesday</b>   | • ..... • .....     |
| B   | • ..... • .....     |
| L   | • ..... • .....     |
| D   | • ..... • .....     |
| <b>Thursday</b>    | • ..... • .....     |
| B   | • ..... • .....     |
| L   | • ..... • .....     |
| D   | • ..... • .....     |
| <b>Friday</b>    | <b>Snacks</b>       |
| B   |                     |
| L   |                     |
| D   |                     |
| <b>Saturday</b>  | <b>Notes</b>        |
| B   |                     |
| L   |                     |
| D   |                     |
| <b>Sunday</b>    |                     |
| B   |                     |
| D   |                     |

# One-Pot Tomato and Pasta

## Ingredients:

- 2 cups pasta (any type)
- 1 can (14 oz) diced tomatoes
- 1 onion, chopped
- 3 cloves garlic, minced
- 1 tbsp olive oil
- 1 tsp dried basil (or any herb you prefer)
- Salt and pepper to taste

## Instructions:

1. Heat olive oil in a pot and sauté the onion and garlic until soft.
2. Add the diced tomatoes, basil, salt, and pepper, and bring to a simmer.
3. Add the pasta and enough water to cover it by about an inch.
4. Cook uncovered, stirring occasionally, until the pasta absorbs the water and is cooked through (about 10-12 minutes).
5. Serve warm, and top with grated cheese if available.

# Quick Pantry Pancakes

## Ingredients:

- 1 cup flour (all-purpose or whole wheat)
- 1 tbsp sugar
- 1 tsp baking powder
- ½ tsp baking soda
- Pinch of salt
- 1 egg
- 1 cup milk (or water)
- 2 tbsp vegetable oil or melted butter

## Instructions:

1. In a bowl, mix together the dry ingredients: flour, sugar, baking powder, baking soda, and salt.
2. In another bowl, whisk the egg, milk, and oil.
3. Combine the wet and dry ingredients, mixing until just combined (lumps are okay).
4. Heat a lightly greased skillet and pour batter in, cooking until bubbles form, then flip and cook until golden.
5. Serve with syrup, jam, or powdered sugar.

# Easy Bean Chili

## Ingredients:

- 1 can (15 oz) beans (kidney, black, or pinto)
- 1 can (14 oz) diced tomatoes
- 1 onion, chopped
- 1 bell pepper (optional), chopped
- 1 tbsp chili powder
- 1 tsp cumin
- Salt and pepper to taste

## Instructions:

1. In a large pot, sauté the onion and bell pepper until softened.
2. Add the beans (with liquid), diced tomatoes, chili powder, cumin, salt, and pepper.
3. Bring to a boil, then reduce the heat and simmer for 20 minutes to let the flavors meld.
4. Serve with rice, tortillas, or crackers.

# Simple Fried Rice

## Ingredients:

- 2 cups cooked rice (day-old rice works best)
- 1-2 eggs
- 1 cup frozen or canned vegetables (peas, carrots, corn)
- 2 tbsp soy sauce
- 2 tbsp oil (vegetable or olive)
- 2 green onions or any leftover meat (optional)

## Instructions:

1. Heat oil in a pan and scramble the eggs, then set aside.
2. In the same pan, sauté vegetables until cooked through.
3. Add the rice, soy sauce, and scrambled eggs, stirring everything together.
4. Cook for 3-4 minutes until heated through. Garnish with green onions if available.

# Oatmeal Breakfast Muffins

## Ingredients:

- 1 ½ cups oats
- 1 cup flour
- ½ cup sugar or honey
- 1 tsp baking powder
- ½ tsp baking soda
- 1 tsp cinnamon
- 1 cup milk (or water)
- 1 egg
- ¼ cup oil (vegetable or melted coconut oil)

## Instructions:

1. Preheat oven to 350°F and grease a muffin tin.
2. In a large bowl, mix oats, flour, sugar, baking powder, baking soda, and cinnamon.
3. In another bowl, whisk together milk, egg, and oil.
4. Combine the wet and dry ingredients until just mixed.
5. Fill muffin tin cups ¾ full and bake for 18-20 minutes or until a toothpick comes out clean.

# Helpful Links

- Three Simple Words That Changed My Homemaking  
<https://www.sunshinevalleywv.com/three-simple-words-that-changed-my-perspective-on-homemaking/>
- My Favorite Natural Cleaners & My Cleaning List  
<https://www.sunshinevalleywv.com/my-favorite-all-natural-cleaners-free-printable-cleaning-list/>
- How to Make an Old Fashioned Homemaking Routine  
<https://www.sunshinevalleywv.com/how-to-create-an-old-fashioned-homemaking-routine/>
  
- Reverse Menu Planning:  
<https://www.sunshinevalleywv.com/reverse-menu-planning-what-it-is-how-to-get-started/>
- Simple Meal Planning Tips:  
<https://www.sunshinevalleywv.com/simple-meal-planning-tips-to-save-your-sanity/>
- How to Eat Healthy & Save Money  
<https://www.sunshinevalleywv.com/how-to-eat-healthy-and-save-money/>

Thank you for exploring the Simple Homemaker Starter Kit! I hope the resources and tools provided inspire you to embrace the beauty of homemaking and create a nurturing environment for yourself and your loved ones. Remember, the journey of simple living is not about perfection but about finding joy in the everyday moments.

As you incorporate these recipes and cleaning routines into your life, take time to appreciate the little things—a home-cooked meal, a tidy living space, and the laughter shared with family and friends. May this kit serve as a gentle reminder that homemaking can be a fulfilling and peaceful endeavor.

Feel free to revisit this kit whenever you need a dose of inspiration or guidance. And remember, you are not alone on this journey. Together, we can create homes filled with warmth, love, and simplicity.

Happy homemaking, and may your days be filled with joy!

