

WTNS Radio OSU Extension Update for March 30, 2020
Healthy People. Healthy Finances. Healthy Relationships.

On today's OSU Extension update for Healthy People, Healthy Finances, and Healthy Relationships we'll talk about clutter and our new virtual program, "Kids in the Kitchen."

Eventually, I will teach a program at the Coshocton Public Library about "Decluttering our Lives." But in the meantime, I'll share some tips that I have been learning about decluttering. Maybe it's just me, but the more time I am spending in my house, the more I am noticing all my clutter.

It is amazing to me how many books are out there about the topic. I checked out 15 books a couple of months ago from our library, and this was just a fraction of the books that were available to choose from on the catalog. It seems like there are more books published each year.

Every book, of course, is a little different. But I am noticing a few broad themes in the approach to decluttering. One is the time commitment: There is the "little bit at a time" approach versus the "big sweeping change" approach. There is also the location versus type of item approach. And finally, there is an approach based on your personality and organizing preferences.

Let's start with time commitment. There are plenty of books out there that promise a clutter-free house in 15 minutes a day. And that approach may certainly work for some people. But for many, we need a more drastic approach. In "5 Days to a Clutter-Free House", authors Sandra Felton and Marsha Sims, suggest that you need a team of people to help you get it under control.

Once you get things under control, then the 15 minutes a day routines can help to keep the clutter managed. This is not the time to have you team come and help you as we practice social distancing, but there are some things that you could be doing to get a handle on the clutter in your home.

One of the most famous decluttering books is Marie Kondo's "The Life-Changing Magic of Tidying Up." I heard her interviewed on NPR about 5 years ago and was inspired by the simplicity of her message. In fact, the I was so inspired that the very next day I cleaned out my entire closet and ended up with a garbage bag full of clothes to donate. Her message is simply this: The items you own should bring your pleasure or joy. Now that doesn't mean that you keep getting more and more stuff to increase your joy. It simply means that when you have lots of

stuff that you don't really care about or doesn't really bring anything joyful to your life, then why do you have it in your home? What makes you keep it or hang onto it? In her book she gives you permission to let these things go. And her big emphasis is that you sort clutter by type of item – not by room – which is counter to the method most books will lay out.

My colleagues at Oklahoma State University Extension have names for a lot of the clutter that we find ourselves with. Maybe you can relate?

It Used to be Important Clutter – Keys that don't work, clothes that don't fit, and toys no one plays with

Inheritance Clutter - Anything someone gave you because they didn't know what to do with it – video collections, Mom's old dishes

Rabbit Clutter – Clutter that multiplies fast – the more you buy, the more you need, Beanie Babies, fabric, needle work kits.

Imposter Clutter – Clutter disguised as good stuff – musical instruments, outdated cameras and video equipment, electronics

Get-to-it-Someday Clutter – anything you need to fix, finish, or get to someday.

Eclectic Clutter – miscellaneous clutter- stuff in your drawers you don't know what to do with, clothes that still fit but don't match anything else, a lone sock, a lone glove.

Bob Hope Clutter – Thanks for the memories – love letters, honeymoon matchbooks, baby's first birthday card

Mysterious Clutter – objects you find and don't know what they are but they must go to something important.

Next Monday I'll explore more about how our personalities affect our organizing preferences – and some practical tips for getting rid of stuff and organizing it better.

Over the past two weeks, I've tried something professionally for the first time. We conducted a cooking show right from our home kitchen via *Facebook Live*. So far on Kids in the Kitchen, we've made Carrot Cake Pancakes with Maple Cream Cheese Topping, Creamy Peanut Butter Dip for fruit, White Chicken Chili and Double Corn Bread. Both of these videos are available to view on our Facebook page which is **OSU Extension Coshocton County**.

This week we will continue with our third episode of **Kids in the Kitchen** on Thursday, April 2 at 11:00 AM. The kids will be making Microwavable Omelets in a Mug and Cake in a Mug.

These are both easy recipes for kids to make on their own. The recipes are posted on our website, coshocton.osu.edu. We hope to see you and your family virtually in your kitchen this Thursday!

In closing, at OSU Extension, we are proud to work for Coshocton County to help improve our families, farms, and businesses. Please feel free to contact OSU Extension for more information at 740-622-2265 or visit our website at coshocton.osu.edu. Make it a healthy day!