

As parents we face the day to day challenge of teaching and raising our kids, but nutrition and living green is an area that can sometimes get left behind. One of the easiest ways to encourage our children in these practices is to teach them and involve them in the learning process.

We are Somebody Else's Time Ltd., a home organization and design company based in your Community. We are great believers in the power of organization and design as means to living well, living healthy, living responsibly and feeling good about ourselves. Here are a some tips for organizing your pantry to encourage healthy and responsible snacking for your children.

Consider your pantry, it's much easier to make changes when an area is organized and looks good.

1. What food items have sat there for more than three months?
2. Do you buy foods that you rarely use?
3. To organize the shelves, use baskets to store bottled goods, a lazy Susan is great for viewing spices.
4. Wooden or plastic chopping boards can be used to make a stable surface for canned and packet goods.
5. A sturdy step-stool makes upper shelves easier to reach, and therefore use.
6. Remove all snacks from the lower shelves of the pantry, where they provide temptation at children's eye level.
7. Wash and prepare fruit like apples to have handy for children on these lower shelves. Use colorful containers, or have themes.
8. Use the floor space under the racking to place small, lidded recycling receptacles that children can use, you can easily transfer these to the garage when they are full.
9. For younger children use fun pictures to label the boxes so they can identify where to put their juice box, granola wrapper etc.
10. Consult a nutritionist about healthy eating habits, or use an online meal planning service. This will reduce your grocery bill, encourage healthy eating and keep your pantry organized.
11. Use the services of a home 'greener' to find out how to reduce your home impact on the environment.

Through home organization, nutrition and menu planning, and healthy grocery shopping we can reduce the impact our homes have on the environment .We can lead our children through example. For more information on how Somebody Else's Time can help with your home organization and design needs check the website at [www.somebodyelsetime.com](http://www.somebodyelsetime.com) .