

# Vicki's Toss-It List

## 15 Items that Can be Tossed Out Today!

There's a certain exhilaration that comes with throwing things away and freeing up space in your home. Take a good hard look at all *the stuff* you've amassed—and then let it go! To make it easy on you, we crafted this handy list of 15 things you need to toss. (*Note: Recycling or donating is always welcome where applicable.*)



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Gather up any broken headphones that are cluttering up your shelves and then toss them. Do the same with any other broken technology parts that you have been holding onto.



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Clean shop in your medicine cabinet. Call your local police department to find out how to dispose of old prescriptions and over-the-counter pills that have expired. It's unsafe to keep old and expired medicine around.



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Head to Bed, Bath & Beyond for a set of fresh towels. Toss threadbare ones that have given you years of service.



OLD CHARGERS *that* DON'T  
BELONG *to* ANYTHING

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Gather up any random chargers that are cluttering up your shelves, and try to match them to the technology in your home (wireless speakers, the dust buster, etc). If you cannot find a single item that you still own and use that can be charged by the charger in question, toss it.

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RECEIPTS &  
CLOTHING TAGS

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Most of us have a hodgepodge of old receipts and tags lurking in a myriad of places at home. Unless it's a receipt for a big purchase (sofa, laptop, refrigerator, or television), throw them all away. Make sure to toss receipts and tags for clothing you've worn as you won't be returning it and you definitely don't need the proof of purchase.

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MOVIE TICKET STUBS

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This is one of those items you probably don't even realize you end up accumulating. Unless you plan to frame or scrapbook the special movie night when you got engaged, throw them out to tidy up your nightstand.

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INVITATIONS *to* EVENTS  
*that* HAVE PASSED

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If old invitations mark an important memory and you want to save them for posterity, put them somewhere for safekeeping. Just get them off your fridge and kitchen countertop.



OLD MAGAZINES  
*and* CATALOGUES

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Yep, they've got to go. Every last one of them further back than two months. Take a look in the mirror and admit it to yourself: You don't want to take the time to go through them.



OLD, CHIPPED MUGS

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It's time to purge your cabinets of the random, chipped, coffee-stained mugs that not even a college kid would keep around.



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The colors separate and it gets gross. Say goodbye to polish more than 5 years old!



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Clear your home of the packing boxes for things you kept in case you wanted to return...but didn't end up doing so.



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If you've paid 'em, toss 'em UNLESS you need to keep them for tax purposes.

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BROKEN JEWELRY

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Did you make it a priority in the last six months to fix that piece of broken jewelry you have been holding on to? If not, the item is not a priority to you and you don't really need it because you lived six months without it. Get rid of broken jewelry you haven't worn or made an effort to fix. While you're at it, toss earrings that have been missing a match for ages. 😊

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DRIED PENS

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No one needs the amount of pens they mysteriously accumulate and we bet half of them don't even still work. Streamline your collection today while watching your favorite TV show.

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TAKEOUT MENUS

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You can easily order-in via the internet or your choice of smartphone apps. Toss the old takeout menus cluttering your fridge or kitchen drawer.