

# 4. Three-Bin Triage System (Fast, ND-Friendly Sorting)

## **Bin 1: TRASH / COMPOST**

Food wrappers, papers, receipts, broken items, old containers.

## **Bin 2: DISHES**

All cups, mugs, plates, silverware — no decisions, just gather.

## **Bin 3: LAUNDRY**

Clothing, towels, blankets — clean or dirty doesn't matter yet.

## **Bonus Bin (optional): FLOATER BIN**

For items that don't belong in the other bins and you're not ready to organize.

## **How to Use Your Bins**

- Sit or stand in a small area
- Pick up items only within your reach
- Sort them into one of the bins
- Don't organize anything yet — triage first
- Take dishes to the sink, trash out, laundry to the basket
- Leave the "floater bin" for a calmer day

## **Mantra**

**“Sort now, organize later.”**