



Sometimes Mum, sometimes Mumpreneur and always that place in the middle where both collide!

Designing Kitchens to Save You Time

3 Replies

by Nicola Holden



These days everyone wants a kitchen that looks great and is equipped with the latest gadgets. However, the trick is in getting a kitchen that not only looks amazing, but is also functional for the way you use the space. Good kitchen design is not only visually engaging but also exudes practicality.

A lot of attention is given to the optimisation of office workstations to save time and costs. In the kitchen, over 360 different operations occur each day, and yet these processes are rarely considered as having the potential for optimisation. A well designed kitchen can save an incredible amount of personal time and energy which can then be spent doing other things.

For engineer turned interior designer Nicola Holden, this 'lightbulb' moment came when she installed her own kitchen, designing it along the principles of a production line. Nicola now applies her experience gained in the manufacturing industry, combined with her natural creative flair, to the design of living spaces.

For many people, buying a new kitchen is a major investment – one that should provide many years of fun and fulfilment. Here are Nicola's tips to ensure that you get just that kitchen.

1. **First Things First** Before embarking on your kitchen design think about how the space will be used. Will it mainly be used for food preparation or will it also be an eating / social area? Is the room a high traffic area connecting different rooms? How many people are there in the household? Who is the main cook in the kitchen, and do they cook from scratch or heat up ready-made meals? Are they left-handed or right-handed? What are their shopping habits?

Search Blog

Blog

- » [Blog Home Page](#)
- » [About Me](#)
- » [More from Motivating Mum](#)
- » [About this Blog – Sponsorship and Advertising Disclosure policy](#)

Categories

- [Blogging for Business](#)

- [Book Club](#)

- [Business Networking](#)

- [Business Planning](#)

- [Business Success](#)

- [Business Technology](#)

- [Competitions](#)

- [Confidence Building](#)

- [Customer Care](#)

- [Film Club](#)

- [Finance and Tax](#)

- [Get Motivated](#)

- [Get Organised](#)

- [Goal Setting](#)

- [Growing a Business](#)

- [Holiday Time](#)

- [How to Use Facebook](#)

- [How to Use Twitter](#)

- [Image and Branding](#)

- [Managing Time](#)

- [Marketing your Business](#)

- [Money Saving Mum](#)

- [Multi Level Marketing](#)

2. **The Basics** It is important to consider the size of the available kitchen space. Measure the room, including ceiling heights, windows and windowsill heights, doors, radiators, etc. You will also need to think about where the services are located, such as gas, water, electricity, boilers and waste outflows. Some of these can be re-sited if necessary. It is also important to take into consideration Building Regulations and general safety, especially if there are small children in the family.
3. **Storage Space** Never under-estimate how much storage space is required. This is dependent on your shopping and cooking habits, the size of the household and your lifestyle. Storage space is needed for crockery and cutlery, work utensils, pots and pans, as well as herbs and spices, consumable foodstuffs and 'odds and ends'. A lot of kitchen activities involve accessing or replacing stored items, and thought should be given to making finding and accessing them quicker and easier.
4. **Kitchen Zoning** Two factors apply here. Firstly consideration is given to the 'work triangle' – the imaginary lines that connect the three main appliances within the kitchen space – the fridge, cooker / hob, and the sink. The aim here is to allow the kitchen user to take the minimum number of steps between these areas. However, to achieve optimal use of this area, it is important to take this a stage further and think about the different zones within a kitchen. These include:

- Raw materials – this zone is where most grocery shopping is stored, and includes not only fresh and frozen food, but also food cupboard items.
- Preparation – this is where most of the preparation work takes place, and should be where items such as kitchen utensils, chopping boards, mixing bowls, etc are located.
- Cooking – this zone is where the hob, oven, steamer, microwave, pots, pans, baking trays, cooking utensils, etc should be located.
- Non-consumables – this space is used for dishing up, and is ideal for storing items such as cutlery and crockery, glasses, serving dishes.
- Cleaning – this is where the sink and dishwasher are located, as well as space for waste collection and cleaning items. This zone needs to be accessible to the preparation zone (washing fresh ingredients) and the non-consumables (replacing cutlery and crockery after cleaning).
- Dining – this zone should be positioned away from the washing zone, and can double as a serving area.

5. The Fun Bit

Now it's time to think about what you want your kitchen to look like. Start thinking about your kitchen style, worktop, splash-back and flooring materials and finishes, and last but by no means least, lighting. These elements will allow you to apply that final 'wow' factor to your kitchen design.

Working through these tips will help you to transform the ordinary into the extraordinary, and create a kitchen that works for you – one that you delight in using every day. Nicola Holden established Nicola Holden Designs in 2008 – a boutique interior design company specialising in bringing outstanding design and decoration to all areas of residential interiors and outdoor living spaces. To date her work has been featured in 25 Beautiful Homes and Northwest Magazine. For more information visit www.nicolaholdendesigns.co.uk.

This is one of a series of guest blogs from successful mumpreneurs and coaches that will be published on this site every day during March. Please look at some of the other fabulous posts that we have published over the last few days.

To receive a regular notification of the blog of the day, please sign up for the Mummy Mentoring Month newsletter at [Motivating Mum](#). This newsletter will run three times a week during March and April and will then be discontinued, so you will not receive endless spam.

[Pin it](#)



Posted in [Mums in Business](#) and tagged [Kitchen Design](#), [Nicola Holden](#), [Nicola Holden Designs](#) on April 9, 2011 by [debbie](#).



About [debbie](#)
Mum of 2 and owner of 2 websites, providing support and advice to business mums everywhere
[View all posts by debbie](#) →

- [- Multi Tasking](#)
- [- Mummy Mentoring Month](#)
- [- Parenting](#)
- [- Procrastination](#)
- [- Project Declutter](#)
- [- Reviews](#)
- [- Sales Techniques](#)
- [- Starting Out](#)
- [Business Mums Blog Carnival](#)
- [East Hertfordshire](#)
- [Mums in Business](#)
- [Social Media](#)
- [Start Blogging](#)
- [Stay at Home Mum](#)
- [Uncategorised](#)
- [Uncategorized](#)
- [Wimbledon & Wandsworth](#)
- [Work/Life Balance](#)
- [Working From Home](#)

Recent Posts

- [Frustrated with the Child Trust Fund? Here's another way to save](#)
- [Focus on Creativity: Review of Cricut Mini](#)
- [Focus on Creativity: Roslyn Lindsay of Rainbowcrafts](#)
- [A Tribute to Zane Gbangbola](#)
- [NE Day Crafts](#)

Recent Comments

- [Mark Murray on A Tribute to Zane Gbangbola](#)
- [seo tips for 2014 on Top Tips for SEO post Panda and Penguin](#)
- [vito andolini](#)
- [Twitter: andolini7110](#)
- [on Blogging for Business: Why I use CommentLuv Premium](#)
- [Antoinette on Focus on Creativity: Roslyn Lindsay of Rainbowcrafts](#)
- [Adaywa on Review of Prezzybox: Fun quirky gifts for all the family](#)

Archives

- [February 2014](#)
- [January 2014](#)
- [December 2013](#)
- [November 2013](#)
- [October 2013](#)
- [September 2013](#)
- [August 2013](#)
- [July 2013](#)
- [June 2013](#)
- [May 2013](#)
- [April 2013](#)
- [March 2013](#)
- [February 2013](#)
- [January 2013](#)
- [December 2012](#)
- [November 2012](#)
- [October 2012](#)