

PANTRY INVENTORY

See what you have. Use older food first. Shop with a plan.

Household: _____

Checked: _____

DRY GOODS AND GRAINS			
ITEM	QTY	LOCATION	USE FIRST

CANS, JARS, AND SAUCES			
ITEM	QTY	LOCATION	USE FIRST

BAKING AND BREAKFAST			
ITEM	QTY	LOCATION	USE FIRST

SNACKS AND BACKSTOCK			
ITEM	QTY	LOCATION	USE FIRST

Tip: Record the foods you overbuy, forget, or need to use soon - not every single item.

PANTRY INVENTORY

Turn your inventory into a simple plan for the week.

USE FIRST THIS WEEK	opened, older, or easy to forget

MEAL IDEAS USING WHAT WE HAVE	keep it realistic

SHOPPING GAPS	only what is needed

5-MINUTE RESET
☐ Check open packages ☐ Move older food forward ☐ Update quantities ☐ Choose use-first foods ☐ Plan 1-2 meals ☐ Add true gaps to list

NOTES