



TAKE STOCK

Shop your cupboards, fridge and freezer first!

GET ORGANIZED

Set aside some time to organize your pantry, freezer and refrigerator to help you take stock of what you have in the house. Plan your meals around what you already have on hand. This can save you money by not buying things you already have and using up items before they expire or spoil.

Being diligent about using the food you have in stock means you'll score all of these benefits:

- Save money on your grocery bill
- Minimize food waste
- Eat your food while it is fresher (and tastier!)



TAKE A PANTRY, FREEZER AND FRIDGE INVENTORY

Taking an inventory can be as simple as writing down a list of everything you have. To make sure you get everything and actually put the ingredients to use, keep these tips in mind.



BE SYSTEMATIC

Go shelf by shelf so that you don't miss anything. In fact, a great way to do this is to clear the whole shelf out onto your counter, then move things from one side to another as you account for them on your inventory sheet before putting them back into your fridge, freezer, or pantry.

JOT DOWN MEAL IDEAS AS YOU TAKE YOUR INVENTORY

Keep a meal planner worksheet handy as you do your inventory so that if you get a food idea as you are going through your items, you can quickly commit to using the item by filling in your meal planner.



TAKE NOTE OF EXPIRATION DATES IF APPLICABLE

If you notice anything that is set to expire soon, highlight it on your list so you'll remember that you need to use it soon before it goes bad.



WHEN YOU PUT THINGS BACK, STORE WHAT WILL EXPIRE SOON CLOSER TO THE FRONT!

Put those ingredients at eye level and keep them unobstructed so that, again, you see them regularly and are more likely to remember to use them. Plus, they'll be easier to get to, making it convenient to use it up.



CONSULT YOUR INVENTORY BEFORE SHOPPING

Before you start tearing up the grocery store aisles, check your pantry inventory to see what you already have, so you can avoid buying stuff that's already sitting on your shelves.



TIPS FOR MAKING THE BEST USE OF YOUR FOOD STOCK

To ensure you get the most out of the food inventory you have on hand, follow these tips:

Meal plan!

If you make it a point to only buy food items that you already have a plan for, that almost guarantees you'll use the ingredient well before it spoils. In addition, this also helps to ensure that you don't end up with excess ingredients that you don't need. We'll get into this a little more next week!

Physically rotate items to the front as you buy new groceries

If you keep shoving things back and put your new groceries in front, you're likely to just grab whatever is in reach, meaning the back stuff will stay there until it goes bad.

