

Pantry Piece – Week 1: Stewardship Begins with Structure

Planning in Peace, Not Pressure

Section 1: Know Your Home's Needs

A steward plans with purpose — not panic.

How many people am I feeding? Adults: ____ Children: ____

How many meals are eaten at home daily? 1 2 3 All

How long am I preparing to sustain my home? 1 Week 30 Days 60 Days 90 Days

Section 2: Current Pantry Snapshot

Category	Do I have enough?	Most used item	Running low?
Breakfast items			
Proteins (canned/frozen)			
Vegetables (fresh/canned)			
Carbs/starches			
Baking staples			
Emergency shelf-stable items			

Section 3: Meals I Make Most Often (Plan from familiarity)

1. _____
2. _____
3. _____
4. _____
5. _____

Section 4: Rotation Awareness (FIFO)

My oldest items are stored in: _____

I will begin rotating by: _____

Section 5: My Next Pantry Priorities

1. _____

2. _____

3. _____

Perfection is the enemy of preparedness. Start where you are. This is not panic. This is stewardship. This is peace.

“The wise woman builds her house...” – Proverbs 14:1

From Pantry to Plate: Weekly Planner

Day	Breakfast	Lunch	Dinner	Notes (use it up / rotate)
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				