

PANTRY PEACE: 10-STEP PANTRY ACTION PLAN

1. Take Inventory – What do you already have? What are you always running out of?
2. Focus on What You Actually Eat – Build your pantry around real meals your family eats.
3. Start with Staples – Flour, rice, beans, pasta, sugar, salt, oils.
4. Build Meals, Not Just Stock – Think in full meal combinations.
5. Buy Extra Slowly – Add 1–2 extra items each shopping trip.
6. Rotate Your Pantry – First in, first out. Use what you store.
7. Watch Sales & Stock Smart – Buy low, stock up when prices drop.
8. Preserve What You Can – Freeze, dehydrate, or can foods when possible.
9. Create a Weekly Pantry Plan – Shop with purpose, not panic.
10. Aim for Peace, Not Perfection – Progress over pressure.

YOUR PANTRY NOTES:
