



What you'll need

Completed Worksheet 1 with your list of Tried and True meals. To check dates on food, download my comprehensive food storage list also at <https://maryannjacobsen.com/wp-content/uploads/2014/05/FoodStorageListFinal2.pdf>

MAKE A LIST OF WHAT TO STOCK BASED TRIED AND TRUE

GO THROUGH YOUR PANTRY

- ✓ Sort through your pantry throwing out any past date stuff.
- ✓ If it isn't on your list from above, give it away or store it off site.

GO THROUGH YOUR FRIDGE AND FREEZER

- ✓ Examine each item in your fridge and throw out what is old, paying close attention to all those condiments on the side.
- ✓ Do the same with your freezer. Toss or giveaway anything you just know you aren't going to use.

WRITE DOWN THE LISTS YOU WANT TO MAKE FOR SHOPPING