

Week 4: Start by drawing up an inventory of everything in your pantry. Shop there first.

Day 1: Do you know what's in your pantry?

If you are not too sure, you are not alone. After all, finding out what's in your pantry may seem a lot less important than just about anything else that cries out for attention any day of the week. Even so, imagine how surprised you might be to learn you have three bags of rice stored on different shelves, for example. (Rice keeps for a long time. But other staples, not so much. They go stale. Get tossed out.)

Removing all the clutter from your pantry might seem like something you would gladly put off for another day — even when we tell ourselves that procrastination is the thief of time. But you'll save both time and money on the shorter list of items you'll need from week to week at the grocery store.



If you haven't taken stock for quite a while, it could take a few hours, but it is time well spent. Even better, don't do it alone; recruit a family member or a good friend.

Pour yourselves a glass of wine, watch this clip <https://www.pinterest.ca/pin/33284484733794024/>; and then get to work:

1. Start by emptying your pantry or cupboards;
2. Sort what you have by types of food, ie soups, legumes, baking goods...;
3. Place sorted goods in baskets or containers to keep them together;
4. Label your baskets and containers;
5. Be mindful of which goods will need to be consumed first;
6. Shop your pantry and cupboards first when planning your next meals;
7. Minimize your purchases;
8. **Use it all up.**

Day 2: Keeping an up-to-date inventory of your pantry and cupboards

The next step in your quest to reduce food waste is to keep an up to date inventory of your pantry and cupboards. This [reducing food waste](#) site provides ingredients and food lists to ensure your pantry, fridge and freezer are well stocked. There are also lists adapted to the needs of families, couples, people living alone, people with dietary needs. You can print the lists that appeal to you and edit them to your own taste and needs. Why reinvent the wheel?

Our next post will help you figure out how to **USE UP** all these ingredients, sorted and listed in your inventory.

Day 3: Find recipes to **USE IT ALL UP!**

What would you say to a gastronomical world tour? Simply Google "Recipes for (2-3 ingredients you must use up); or if you prefer type "a country using...", "vegetarian using..", "gluten free using...". You will be amazed at the results. You will find new ways to prepare simple meals your family will enjoy, and gradually **Use it all up.**

Alternatively, you could simply navigate [pantry recipe](#) or the panoply of sites that cater to specific needs. Preparing tasty and nutritious meals need not be complicated. Involve other members of your family. Cooking is a useful skill for everyone to master.

