

# Pantry Checklist

A complete plan to clean, organize, and restock your pantry from staples to containers.

## Empty and Clean

- Remove everything from the shelves onto the counter
- Wipe down shelves, walls, and the floor
- Check every item's date and toss anything expired  
*Be honest about half-used jars and stale snacks.*
- Set aside good food you will not use to donate
- Vacuum corners to remove crumbs and deter pests

## Create Pantry Zones

- Group baking supplies like flour, sugar, and leaveners together
- Cluster grains and pasta in one accessible zone
- Gather canned goods by type: beans, tomatoes, and soups
- Set up a snack zone within easy reach for the family
- Reserve a spot for oils, vinegars, and condiments  
*Keep daily-use items at eye level.*

## Add Containers and Labels

- Decant dry staples into clear, airtight containers
- Label each container with its contents and a use-by date
- Add tiered shelves or risers so back rows stay visible
- Use bins to corral small packets and loose items
- Install a turntable for oils, sauces, and spices  
*A lazy Susan ends the digging in deep corners.*

## Take Inventory

- List what you have in each zone as you put it away
- Note quantities so you can spot duplicates and gaps
- Flag low staples that need restocking soon
- Keep a running shopping list inside the pantry door
- Snap a quick photo of full shelves for reference

## Restock Core Staples

- Stock grains: rice, pasta, oats, and quinoa
- Restock canned beans, tomatoes, and broth
- Refill baking basics: flour, sugar, and baking soda
- Replenish oils, vinegars, and frequently used condiments
- Top up essential spices, salt, and pepper  
*Buy backups of the staples you use most.*

## Maintain Freshness

- Practice first-in, first-out by rotating older items forward
- Do a quick monthly pass to catch nearing expirations
- Wipe spills immediately to keep shelves clean

- Update your inventory list whenever stock runs low
- Restock the shopping list before the weekly grocery run