

ORGANIZED PANTRY



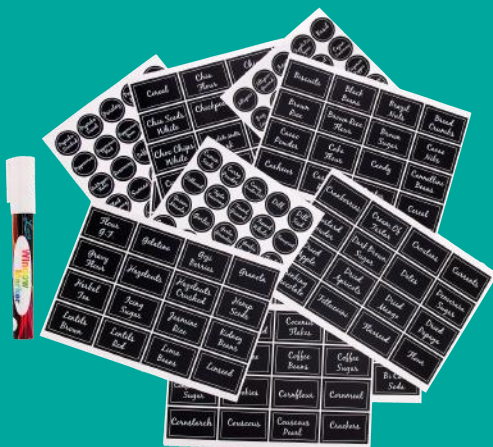
Here are your
pantry checklists
and bonus lists for
your fridge and
freezer

An Organized pantry will soon be yours!

Too help you achieve a beautiful co-hesive look to all your canisters and jars - I would love to offer this cool discount to our beautiful set of 281 Chalkboard style labels

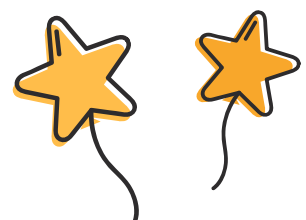
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PANTRYLABELS



ORGANIZED PANTRY CHECKLIST

S

START

- Clear a surface on a bench top or table
- Completely remove EVERYTHING from the pantry
- Remember to add any food stored elsewhere to your work area
- Sort all items into categories eg spices or baking ingredients
- Wipe ALL surfaces down and vacuum the floor
- Put shelf liners in once surfaces are dry

T

TOSS

- Go through all the categories of food one at a time and sort into KEEP or TOSS
- Check expiration dates and move into TOSS pile if expired
- Go through opened packets and put into TOSS pile if no longer fresh
- Toss out all the food in the TOSS pile.
- Check all remaining items to confirm if they belong in the pantry.

O

ORDER

- Decide where the different food categories will go in the pantry
- Group smaller items in each category together - Can they go into baskets or bins for better use of space eg spices, flavor sachets, cake decorating items
- Decide what storage containers or storage system will work best
- Measure pantry areas - height and width of shelves. Measure food containers to get the right sized storage solutions and go shopping
- Buy labels or tags for your containers

R

RETURN

- Check all remaining items to confirm if they belong in the pantry.
- Wash, wipe down or clean all food containers going back into the pantry.
- Put all food into their new containers, baskets, bins or jars. Make sure they are all clearly labelled so they are easily found and items are arranged in expiry date order.
- Return food categories into the area that you decided they needed to be

E

EVALUE

- Once everything is back - Review what you have done. It is normal to adjust things when looking at the shelves when they are all full
- Revisit the pantry the following week to check that your new storage system is working and make adjustments if needed
- Give yourself a High Five!! You will start to save time and save money with a better organized pantry



ORGANIZED FRIDGE CHECKLIST

S

START

- Clear a surface on a bench top or table
- Completely remove EVERYTHING from the fridge
- Pull out all removable shelves and bins
- Work out where you will be putting food items back.
- Wipe ALL surfaces down including the seals
- Put shelves and bins back in, once surfaces are dry

T

TOSS

- Go through all the food one at a time and sort into KEEP, or TOSS
- Check expiration dates and move into TOSS pile if expired
- Go through opened containers and put into TOSS pile if no longer fresh
- Toss out all the food in the TOSS pile.

O

ORDER

- Decide where the different food categories will go in the fridge
- Group smaller items in each category together - Can they go into baskets or bins for better use of space eg cans, small jars, sauce bottles
- Decide what storage containers or storage system will work best
- Measure shelf areas - height and width of shelves. Measure food containers to get the right sized storage solutions and go shopping
- Buy labels or tags for your bins

R

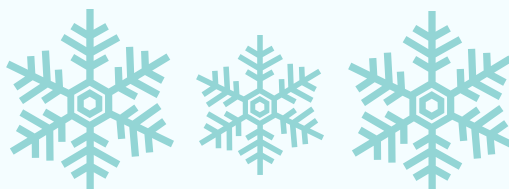
RETURN

- Wash, wipe down or clean all food containers going back into the fridge
- Return food categories into the area that you decided they needed to be
- Put all food into their new storage baskets/ bins. Make sure food is clearly positioned to see and put in expiry date order

E

EVALUE

- Once everything is back - Review what you have done. It is normal to adjust things when looking at the shelves when they are all full
- Give yourself a High Five!! You will start to save time and save money with a better organized fridge



ORGANIZED FREEZER CHECKLIST

S

START

- Turn Freezer off
- Have a cooler bag with ice bricks or a cooler bin ready and a work surface cleared
- Completely remove EVERYTHING from the freezer and keep food cold in cooler bin or fridge
- Put large bowls of boiling water into the freezer and close the door to allow ice to soften. Replace boiling water every 15 mins
- Use a plastic (NOT metal) spatula to lift off ice pieces as they start to come away
- Collect ice, mop up all water and wipe ALL surfaces down including the seals

T

TOSS

- Go through all the food one at a time and sort into KEEP, or TOSS
- Check freezing dates and move into TOSS pile if quality has deteriorated
- Go through opened containers and put into TOSS pile if no longer fresh
- Toss out all the food in the TOSS pile.

O

ORDER

- Decide where the different food categories will go in the freezer
- Group smaller items in each category together - Can they go into baskets or bins for better use of space eg Popsicles or meal prep packs
- Decide what storage containers or storage system will work best
- Measure areas - height and width of space. Measure food containers to get the right sized storage solutions and go shopping
- Buy labels or markers to label food clearly

R

RETURN

- Wash, wipe down or clean all food containers going back into the freezer
- Return food categories into the area that you decided they needed to be
- Put all food into their new storage, baskets/bins. Make sure they are all clearly labelled so they are easily found and dated to maintain best eating quality

E

EVALUE

- Once everything is back - Review what you have done. It is normal to adjust things when looking at the space when full
- Give yourself a High Five!! You will start to save time and save money with a better organized freezer



PANTRY ASSESSMENT - BEFORE YOU START

- What are your first thoughts when you open up your pantry?
- Can you easily find what you need or are you doubling up on items as you cannot find them
- Do you have any food groupings ? eg baking ingredients or spices
- Do you need more space in the pantry
- Can your family find or reach the items that they need (Or should things be put out of reach)
- Does food go stale / expire before you use it?

What is working?.

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What isn't working?

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Storage and containers - What works

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Storage and containers - What isn't .

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Storage and containers - What to keep .

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Storage and containers - What to buy

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Notes

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FRIDGE / FREEZER ASSESSMENT - BEFORE YOU START

- What are your first thoughts when you open up your fridge/freezer?
- Do you need more space?
- Can you easily find what you need or are things getting missed as they cannot be found quickly?
- Can your family reach the items that they need? Should items be placed lower or higher?
- Do you have set areas that you like to keep certain foods in ?
- Does food go stale or expire before you use it?

What is working?.

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What isn't working?

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Storage and containers - What works

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Storage and containers - What isn't .

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Storage and containers - What to keep .

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Storage and containers - What to buy

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Notes

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REFRIGERATOR & FREEZER STORAGE CHART

These short but safe time limits will help keep refrigerated food 40° F (4° C) from spoiling or becoming dangerous. Since product dates aren't a guide for safe use of a product, consult this chart and follow these tips.

- Purchase the product before "sell-by" or expiration dates.
- Follow handling recommendations on product.
- Keep meat and poultry in its package until just before using.
- If freezing meat and poultry in its original package longer than 2 months, overwrap these packages with airtight heavy-duty foil, plastic wrap, or freezer paper; or place the package inside a plastic bag.

Because freezing 0° F (-18° C) keeps food safe indefinitely, the following recommended storage times are for quality only.

| Product | Refrigerator | Freezer |
|--|--------------|--------------|
| Eggs | | |
| Fresh, in shell | 3 - 5 weeks | Don't freeze |
| Raw yolks, whites | 2 - 4 days | 1 year |
| Hard cooked | 1 week | Don't freeze |
| Liquid pasteurized eggs or egg substitutes, opened | 3 days | Don't freeze |
| unopened | 10 days | 1 year |

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|---|------------|--------------|
| TV Dinners, Frozen Casseroles | | |
| Keep frozen until ready to heat | | 3 - 4 months |
| Deli & Vacuum-Packed Products | | |
| Store-prepared (or homemade) egg, chicken, tuna, ham, macaroni salads | 3 - 5 days | Don't freeze |
| Pre-stuffed pork & lamb chops, chicken breasts stuffed w/dressing | 1 day | Don't freeze |
| Store-cooked convenience meals | 3 - 4 days | Don't freeze |
| Commercial brand vacuum-packed dinners with USDA seal, unopened | 2 weeks | Don't freeze |

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| Raw Hamburger, Ground & Stew Meat | | |
| Hamburger & stew meats | 1 - 2 days | 3 - 4 months |
| Ground turkey, veal, pork, lamb | 1 - 2 days | 3 - 4 months |

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| Ham, Corned Beef | | |
| Corned beef in pouch with pickling juices | 5 - 7 days | Drained, 1 month |
| Ham, canned, labeled "Keep Refrigerated," unopened | 6 - 9 months | Don't freeze |
| opened | 3 - 5 days | 1 - 2 months |
| Ham, fully cooked, whole | 7 days | 1 - 2 months |
| Ham, fully cooked, half | 3 - 5 days | 1 - 2 months |
| Ham, fully cooked, slices | 3 - 4 days | 1 - 2 months |

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|---|------------|--------------|
| Hot Dogs & Lunch Meats (in freezer wrap) | | |
| Hot dogs, opened package | 1 week | 1 - 2 months |
| unopened package | 2 weeks | 1 - 2 months |
| Lunch meats, opened package | 3 - 5 days | 1 - 2 months |
| unopened package | 2 weeks | 1 - 2 months |

| Product | Refrigerator | Freezer |
|---|-----------------------------|------------------------|
| Soups & Stews | | |
| Vegetable or meat-added & mixtures of them | 3 - 4 days | 2 - 3 months |
| Bacon & Sausage | | |
| Bacon | 7 days | 1 month |
| Sausage, raw from pork, beef, chicken or turkey | 1 - 2 days | 1 - 2 months |
| Smoked breakfast links, patties | 7 days | 1 - 2 months |
| Fresh Meat (Beef, Veal, Lamb, & Pork) | | |
| Steaks | 3 - 5 days | 6 - 12 months |
| Chops | 3 - 5 days | 4 - 6 months |
| Roasts | 3 - 5 days | 4 - 12 months |
| Variety meats (tongue, kidneys, liver, heart, chitterlings) | 1 - 2 days | 3 - 4 months |
| Meat Leftovers | | |
| Cooked meat & meat dishes | 3 - 4 days | 2 - 3 months |
| Gravy & meat broth | 1 - 2 days | 2 - 3 months |
| Fresh Poultry | | |
| Chicken or turkey, whole | 1 - 2 days | 1 year |
| Chicken or turkey, parts | 1 - 2 days | 9 months |
| Giblets | 1 - 2 days | 3 - 4 months |
| Cooked Poultry, Leftover | | |
| Fried chicken | 3 - 4 days | 4 months |
| Cooked poultry dishes | 3 - 4 days | 4 - 6 months |
| Pieces, plain | 3 - 4 days | 4 months |
| Pieces covered with broth, gravy | 3 - 4 days | 6 months |
| Chicken nuggets, patties | 3 - 4 days | 1 - 3 months |
| Fish & Shellfish | | |
| Lean fish | 1 - 2 days | 6 - 8 months |
| Fatty fish | 1 - 2 days | 2 - 3 months |
| Cooked fish | 3 - 4 days | 4 - 6 months |
| Smoked fish | 14 days | 2 months |
| Fresh shrimp, scallops, crawfish, squid | 1 - 2 days | 3 - 6 months |
| Canned seafood (Pantry, 5 years) | after opening 3 - 4 days | out of can 2 months |



**U.S. FOOD & DRUG
ADMINISTRATION**