How to Accelerate Stocking Your Prepper Pantry

With the following steps, I'll show you how to use the forms in this document set to create a one month's supply of real foods for your Prepper Pantry:

- **List #1:** Four Corners Pantry Inventory (4 pages)
- **List #2:** Accelerated Prepper Pantry Grocery List (1 page)

Four Corners Pantry

The Four Corners Pantry refers to those areas in your kitchen and home where you store food:

- **Working Pantry** (where you store the non-perishable foods that you access daily)
- **Refrigerator**
- **Freezer**
- **Extended or Prepper Pantry** (where you store your non-perishable backup food supplies)

Non-perishable foods refer to those foods that do not need to be refrigerated or frozen. Examples include canned foods, foods in jars, and boxed or bagged foods.

The List #1 and List #2 printables that are part of this document set will help you:

- Inventory what you presently have in your Four Corners Pantry, and
- Highlight what you do not have or have run out of

The inventory of your pantry will enable you to create an Accelerated Prepper Pantry Grocery List (List #2) that you will use when you go shopping to buy one month's worth of non-perishable foods to store in your Prepper Pantry.

Steps to Use the Forms

Step 1

Use pages 1-4 of the Four Corners Pantry Inventory (List #1) to inventory everything in your Four Corners Pantry. This inventory includes all the foods in your Working Pantry, Refrigerator, Freezer, and Extended or Prepper Pantry.

As you perform your inventory, also include those foods that you may not presently have on hand because you have run out of them but that you generally buy. For those foods, put the number "0" in the "How Many" column.

Step 2

Once you have completed your Four Corners Pantry Inventory (List #1), transfer all the non-perishable items to your Accelerated Prepper Pantry Grocery List (List #2).

Step 3

Review all the perishable foods on your Four Corners Pantry Inventory (List #1), and think of non-perishable substitutions for these perishable items to add to your Accelerated Prepper Pantry Grocery List (List #2).

For example, if you normally buy a fresh whole chicken, you will want to add canned chicken, a non-perishable food, to List #2.

Step 4

Once you have completed your Accelerated Prepper Pantry Grocery List (List #2), look over your list and cross off all those items that are not essential, such as:

- Junk food (potato chips, etc.)
- Luxury foods (chocolate, etc.)
- Carbonated beverages
- Packaged or prepared foods (cookies, crackers, boxed mac and cheese, etc.)
- Packaged bread
- Cleaning products
- Personal care products

After removing the non-essential items from your grocery list, you will have the essential items you need to stock. Next, go down your list of remaining items and estimate how many of each item you will need to buy so that you will have one month's worth of food for your Prepper Pantry.

Once you have completed your estimate, use your grocery list to shop for your essential items. Since you have eliminated all perishable and non-essential items, you should have the extra money in your grocery budget to purchase one month's worth of non-perishable items to stock your Prepper Pantry in one grocery shopping trip.

Tips

- Watch my [How to Accelerate Stocking Your Prepper Pantry Now video](#) for more details on how to use these lists and how to determine what you should cross off your grocery list.

- Read my [How to Accelerate Stocking Your Prepper Pantry blog post](#) to get recipe links that will show you how to make many of your previously store-bought products homemade. They will be cheaper and more nutritious for you. Plus, you'll grow your kitchen skills.

- It can be helpful to look back at previous shopping lists or grocery receipts to trigger your memory of the foods you normally buy.

- There are online calculators that can help you estimate how much food you may need for a month. However, in my personal experience, it is better to look over your past grocery lists, menu plans, etc., for the last month to estimate approximately how much food you think you use in one month's time.

I hope these lists help you accelerate the building or restocking of your Prepper Pantry to give you and your family real foods that will help sustain you no matter what the future holds.

Love and God bless,
Mary

marysnest.com

Four Corners Pantry Inventory

| Working Pantry | Refrigerator | Freezer | Prepper Pantry |

Month/Year:

Baking (Flour, sugar, yeast, etc.)	How Many	Best by Date

Dry Goods (Coffee, pasta, rice, beans, etc.)	How Many	Best by Date

Canned / Jar Goods (Fruits, tomatoes, etc.)	How Many	Best by Date

Whole Grains (Wheat berries, oat groats, etc.)	How Many	Best by Date

Condiments / Herbs / Spices	How Many	Best by Date

Miscellaneous (Water, etc.)	How Many	Best by Date

Additional Resources

- Learn how to accelerate stocking your Prepper Pantry
- Subscribe to the Mary's Nest newsletter
- Subscribe to Mary's Nest on YouTube

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Four Corners Pantry Inventory

Working Pantry	**Refrigerator**	Freezer	Prepper Pantry

Month/Year:

Dairy (Butter, cheese, milk, yogurt, etc.)	How Many	Best by Date	Meats / Poultry (Defrosted, Cold cuts)	How Many	Best by Date

Fish (Defrosted, Prepared tuna, etc.)	How Many	Best by Date	Vegetables (Fresh, Fermented, Pickled, etc.)	How Many	Best by Date

Fruit (Fresh, Fermented, Stewed, Cooked, etc.)	How Many	Best by Date	Miscellaneous (Opened condiments, etc.)	How Many	Best by Date

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Four Corners Pantry Inventory

Working Pantry	Refrigerator	**Freezer**	Prepper Pantry

Dairy (Butter, cheese, etc.)	How Many	Best by Date

Meats / Poultry (Frozen)	How Many	Best by Date

Fish (Frozen)	How Many	Best by Date

Vegetables (Frozen)	How Many	Best by Date

Fruit (Frozen)	How Many	Best by Date

Miscellaneous (Bone Broth, etc.)	How Many	Best by Date

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Four Corners Pantry Inventory

Working Pantry	Refrigerator	Freezer	**Prepper Pantry**

Month/Year:

Baking (Flour, sugar, yeast, etc.)	How Many	Best by Date

Dry Goods (Coffee, pasta, rice, beans, etc.)	How Many	Best by Date

Canned / Jar Goods (Fruits, tomatoes, etc.)	How Many	Best by Date

Whole Grains (Wheat berries, oat groats, etc.)	How Many	Best by Date

Condiments / Herbs / Spices	How Many	Best by Date

Miscellaneous (Water, etc.)	How Many	Best by Date

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Accelerated Prepper Pantry Grocery Shopping List

Directions: List all the non-perishable foods you need to buy to stock your Prepper Pantry, along with the quantities that will last you one month.

List #2

Item	Quantity

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