

10 Steps to Inflation Proof Your Four Corners Pantry Checklist



This checklist summarizes the steps I describe in my [How to Fight Rising Grocery Prices video](#) and blog post. Use the questions in this checklist to help you think about how to save money and best use the food you have. Each step has a link to a video to help you learn more about the topic.

☐ 1. Inventory the contents of your Four Corners Pantry

Make an inventory of your working pantry, refrigerator, freezer, and Prepper Pantry. This inventory will help you target your grocery store purchases.

To help you create your inventory and shopping list, [download the How to Accelerate Stocking Your Prepper Pantry printable](#). This file contains two parts:

- Four inventory lists
- A shopping list

The inventory lists will help you record the food you have in each of your four corners. You can fill out the accompanying shopping list using your inventory lists to know the foods you need to buy or be on the lookout for to take advantage of sales.

- **Question:** Do I store the items in my pantry by best used by date? _____
- **Watch:** [How to Stock Your Prepper Pantry with Real Food](#)

☐ 2. Look at old grocery receipts

Keep your old grocery receipts for at least one year. Having your receipts together will certainly help you with returns, but they will also assist you in seeing if prices have significantly changed over time.

With this information in your kitchen journal, you can determine if you need to stock up on items that may continue to increase in value or if you should be on the lookout for future sales or discounts on the products you use.



- **Question:** What is an item I want to track the price of? _____
- **Watch:** [My Kitchen Journal for the Traditional Foods Kitchen](#)

□ 3. Shop the sales

Go beyond just looking at what's on sale. Check the clearance section of your grocery store and use coupons. Find out if your supermarket has an app that offers additional discounts to users. Try not to be brand loyal. Store brands are usually much cheaper.

- **Question:** Where is the clearance section in my grocery store? _____
- **Watch:** [10 Cheap Foods to Stock in Your Prepper Pantry](#)

□ 4. Buy in bulk

For most items, when you can buy in larger quantities, the cost will be cheaper per item or by weight. (Use your calculator to be sure.) Typically, you'll see the greatest advantage in cost for bulk foods that you can store for the long term in your Prepper Pantry, such as dried beans or whole grains.

And if you have whole grains that you can grind to make flour, be sure to store your grains properly for protection against moisture and pests.

- **Question:** What item should I buy in bulk? _____
- **Watch:** [How to Store Whole Grain and Make Homemade Flour](#)

□ 5. Store food properly

If you buy food for long-term storage, be sure to store it properly to keep your food the freshest for the longest time. Canned goods are easy to store, and you can consult their best used by date as a guide for their freshness.

Learn about the best storage supplies you should use from foodsafe buckets with gamma lids to mylar bags.

- **Question:** What item do I want to stock for the long term? _____
- **Watch:** [The Best Food Storage Supplies for Your Prepper Pantry](#)



□ 6. Start a kitchen garden

You don't need anything fancy. If you have a small balcony or window sill, you can get started with cherry tomatoes or herbs. If you have space for a larger kitchen garden, you can have more plants to give you a homegrown stream of food.

- **Question:** What vegetable or herb do I want to start growing? _____
- **Watch:** [10 Vegetables You Can Regrow from Kitchen Scraps](#)

□ 7. Learn how to home can

Water bath canning is an essential skill for traditional foods cooks. If you have a bountiful garden harvest or have an opportunity to buy a large quantity of vegetables at a discount, you'll want to can some of the food to be able to store it for the long term. You can also make and can jam with the ingredients you want, including little or no sugar.

- **Question:** What item do I want to try canning first? _____
- **Watch:** Canning [Supplies](#), [Salts](#), [Books](#)



□ 8. Clean out your fridge once a week

Sometimes food gets forgotten in the back of your refrigerator, and if you make it a regular practice to clean out your fridge, you won't wind up with spoiled food that you have to throw away. Instead, you'll be able to identify the food you can eat before it expires, as well as scraps that you can use to create meals or save for making bone broth.

- **Question:** Without opening the fridge, guess what's in your crisper? _____
- **Watch:** [Cookbooks to Get You Started Cooking with Scraps](#)

□ 9. Stretch your food when making meals

Being thrifty helps you fight rising grocery prices, and best of all, it's a virtue of every traditional foods cook. Stretching your food when making meals is a very thrifty way for you to cut back on more expensive ingredients but keep portion sizes the same.

[Download the Thrifty Kitchen Tips checklist](#) for 10 tips you can incorporate every week into your Traditional Foods Kitchen. Then, print out and put the tips on your refrigerator for easy reference so you can make them a habit.



- **Question:** What ingredient you already use to stretch your meals? _____
- **Watch:** [Top 7 Meal Extenders for Budget Meals and How to Use Them](#)

□ 10. Don't waste

Find ways to use all your food scraps so you can create a no waste kitchen. For example, if you finished a delicious roasted chicken meal, take out all the left-over meat scraps to use in a soup and save the carcass to make bone broth. You can also use kitchen scraps to make ferments like Giardiniera for a probiotic-rich Italian pickle relish.

- **Question:** How much do you think it costs to make bone broth? _____
- **Watch:** [How to Make Roast Chicken Bone Broth for Pennies a Jar](#)

Stay in Touch with Mary's Nest

- [Subscribe to My YouTube Channel for Traditional Foods Videos](#) (Free) – When you subscribe, be sure to click on the notification bell that will let you know each time I upload a new video.
- [Subscribe to Mary's Traditional Foods Newsletter](#) (Free) – Get a free eBook for signing up: How to Stock Your Essential Traditional Foods Four-Corner Pantry.
- [Join the Traditional Foods Kitchen Academy](#) (Optional Paid) – For more detailed videos, live streams, and exclusive members-only perks, join my YouTube membership community.

*Love and God bless,
Mary*

