

How to Keep a Well Stocked Four Corners Pantry



With the following steps, I'll show you how to use the checklists in this document set to inventory your Four Corners Pantry and put together a shopping list of what you need to restock.

- **Checklist #1:** Four Corners Pantry Inventory (4 pages)
- **Checklist #2:** Four Corners 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** (for the non-perishable foods that you access daily)
- **Refrigerator**
- **Freezer**
- **Extended or Prepper Pantry** (for your non-perishable backup supplies)



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

The checklists in this document set will help you:

- Inventory what you presently have in your Four Corners Pantry
- Highlight what you do not have (or have run out of) and need to restock

The inventory of your Four Corners Pantry (Checklist #1) will enable you to create a Grocery List (Checklist #2) that you will use when you go shopping to buy the foods you need to restock.

Steps to Use the Checklists

Step 1

Use pages 1-4 of the Four Corners Pantry Inventory (Checklist #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 you generally buy but you may not presently have on hand because you have run out of them. For those foods, put the number “0” in the “How Many” column.

Fill out the Best Buy Date column where you can to know what foods you may want to use or restock earlier than others.

Step 2

Once you have completed your Four Corners Pantry Inventory (Checklist #1), transfer all the items you need to restock to your Grocery List (Checklist #2).

Step 3

Review all the foods on your Grocery List (Checklist #2), and determine how many of each that you would like to purchase over the next four weeks. Concentrate on real and unprocessed foods. This list will help you stay within your grocery budget.

Step 4

Once you have completed your Grocery List (Checklist #2), you are ready to go shopping. Continue the process of conducting an inventory of your Four Corners Pantry every month to always stay on top of what you need to use up (first in/first out) and what you need to restock.

Following this system will help you to always have a well-stocked Four Corners Pantry while also staying within your grocery budget.

Keeping a Kitchen Journal

Although you can access information online, keeping a physical kitchen journal gives you a place to keep your printed materials related to the kitchen together. For example, you can store your printouts from the Internet (including this one!), magazine and newspaper clippings, and paper recipes in your journal.

You can also record the results of your recipes, especially for ones that are persnickety, like ferments. The notes and records in your journal will help you on your journey from a processed foods kitchen to a traditional foods kitchen.

- [Learn how to create your kitchen journal](#)



Tips

- Watch my [Top 15 Foods to Stock Up on Now video](#) for more details on how to use these checklists.
- Read my [Top 15 Foods to Stock Up On Now blog post](#) to download this printout and learn about the top 15 foods you need to stock up on now. In doing so, you will stay ahead of inflationary prices and food shortages due to disruptions in the supply chain or other unexpected events.
- 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 checklists assist you in building or restocking your Four Corners Pantry, so you'll have real foods to help sustain you and your family no matter what the future holds.

Love and God bless,
Mary



