Pantry Reset

Clear one area, group what you use, and plan from what you have.

Set a timer. Work top to bottom. Stop when it ends.

Short on time? Do the ★ tasks only — about 18 minutes.

FULL RESET 45 MIN

01 Quick clear and prep — 5 min

- [ ] ★ Clear one pantry shelf or section
- [ ] Remove empty packages and obvious trash
- [ ] Set aside items from other rooms
- [ ] Make space to sort a few items

02 Check dates and decide — 9 min

- [ ] ★ Check dates on opened pantry foods
- [ ] Set aside foods needing closer inspection
- [ ] Move soon-to-use foods to the front
- [ ] Remove packaging you no longer need

03 Wipe and refresh — 7 min

- [ ] ★ Wipe crumbs from cleared shelves
- [ ] Clean small spills and sticky spots
- [ ] Dry surfaces before returning food
- [ ] Wipe one frequently used container

04 Group everyday foods — 9 min

- [ ] ★ Group similar foods together
- [ ] Place daily foods within easy reach
- [ ] Keep heavier items on lower shelves
- [ ] Use containers you already own

05 Take stock — 8 min

- [ ] ★ Write down three foods to use soon
- [ ] Check what is running low
- [ ] Add missing staples to your grocery list
- [ ] Choose one meal from pantry ingredients

06 Finish and maintain — 7 min

- [ ] ★ Return everything to its assigned spot
- [ ] Leave a clear space for new groceries
- [ ] Put the grocery list somewhere visible
- [ ] Choose a five-minute weekly check day

PLAN FROM WHAT YOU HAVE

Use soon: _____

Restock next trip: _____

One meal from the pantry: _____

Tip: Print a fresh copy weekly, or use a sheet protector and dry-erase marker.

When a date or package looks unclear, check reliable food-safety guidance.

One useful shelf is enough. No perfect pantry required.

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