

Pantry Check

“Spring Cleaning” and “Fall Cleaning” are great times to remember to go through your food pantry.

The best method that I have found is to actually pull everything out of the cabinet or off the shelf. As you pick up each item, check the expiration date. Have a trashcan near by and throw away any expired products. Also check to see if any packages have become open or if any cans are leaking. Throw away any of those products. Don't take a chance on getting sick from the product for any of these reasons. All other items can go into a designated area for “good” products.

After all items are off the shelf or out of the cabinet, wipe down (and scrub if needed) the shelves.

Anything not expired that you won't use in the next 6 months can be donated to a food bank or placed into one of the many food drives that get started around these times of year. Other items go back to the shelf or cabinet.

Consider if re-arranging the products will make it easier to reach or remember to use some of the items. After buying more of an item, check the dates and arrange the ones with the longest time to expiration in the back.

Add to your shopping list(s) any staples that need to be replaced or other products that you can see that you are low on. If any products were opened or invaded by pests of any kind, consider using a sealed container for that product. Add those to your shopping list, as well, if you don't already have some available.

About The Author

Marie Rice is the founder and editor of PartOfTheWhole.com - wellness for body, mind, and spirit. She enjoys helping others reach their goals. When she's not online, Marie's spending time with her family, gardening, doing crafts, or **most likely** – reading a book!