Eat From Your Pantry Challenge

The purpose of doing this challenge once or twice a year is to force us to use up all the odds and ends in the house, clean out the freezer from all the good stuff I've put away, and to save money to add to our emergency fund.

If you stockpile food, for whatever reason, this is a good chance to rotate through your stash and reassess what you need more of.

Let's get started!

_____ Pick a month for your challenge

_____ Make a list of everything in refrigerator, freezer, and pantry (use included sheets)

_____ Get creative in your recipes. Use websites & apps to find recipes to use your ingredients

_____ Don't spend more than $10-$15 a week on grocery items. Don't stock up to prepare for challenge.

_____ Put saved grocery money into savings.

_____ Reassess pantry, fridge, & freezer every week to adjust recipes for the challenge to keep using up things.

_____ Throw out anything that is clearly rotten, freezer burnt, or well past the expirations. Pantry items that you won't eat & not expired can be donated.

_____ Thoroughly clean pantry, fridge, and freezer (defrost if needed) while contents are low.

Tag @myfamilytable on Instagram or Twitter when you share. I love to see what y'all are up to.

Freezer Inventory List

Fridge Inventory List

Pantry Inventory List

Recipe Ideas