PRINTABLE CHECKLIST

Food storage and rotation: a simple system

The simplest system is to store more of what you already eat and use it in date order. Put new stock at the back, eat from the front, and replace each item as you use it. Check the whole store every six months. Done this way a food reserve costs little and nothing goes out of date.

- [ ] Three days of no-cook food per person
- [ ] Dry staples you already cook with
- [ ] Manual tin opener in the same cupboard
- [ ] Month and year written on each item
- [ ] New stock at the back, oldest at the front
- [ ] Items for special diets, babies and pets
- [ ] Date check in the diary every six months