First In, First Out
ROTATION TRACKER

FOOD STORAGE SHELF

Food storage is only a blessing if it gets eaten. This page keeps the oldest food moving to the table before it loses quality. Glance at it when you meal plan, and write each item in the month you want to use it up.

1 STORE IT
New food goes in the *back* (or bottom) with the date written big.

2 USE IT
Cook from the *front*. Oldest first: first in, first out.

3 PLAN IT
Each month, jot what's getting close below, and build meals around it.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

MAMA TIP Pick one "pantry night" a week and cook only from this list. Call it "mystery bin dinner" and watch the kids get curious instead of picky.

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Use It Up
THIS MONTH'S LIST

Pull this page out on the first of the month. List what needs to be eaten soon, where it lives, and an idea for using it. Check it off when it's gone, then restock and write the new item on your inventory.

Month: _____ Year: _____

Use this month	Location	Best by	Meal idea	Used	Restock?
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GOOD TO KNOW "Best by" is about quality, not safety, for most shelf-stable food. Toss any can that is bulging, leaking, deeply dented on a seam, or spurts when opened, and any food that smells or looks off.

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