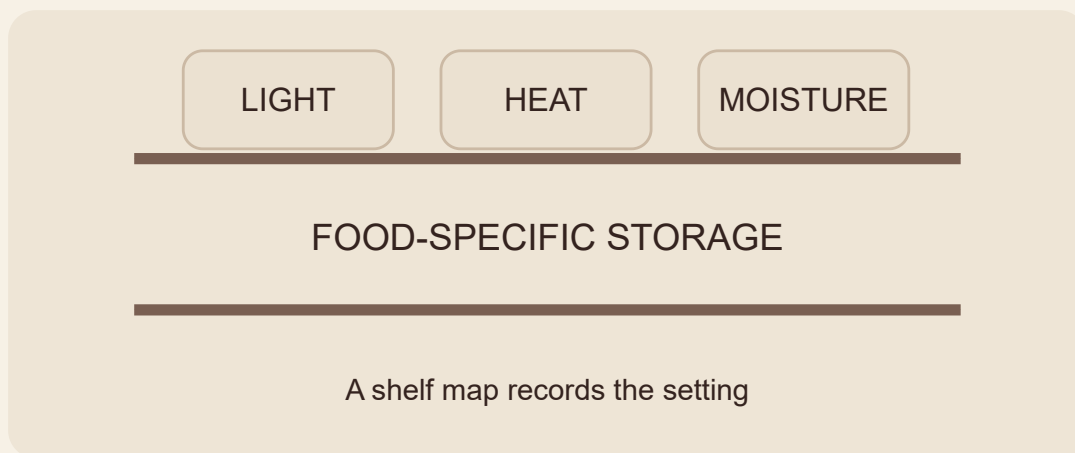


FIELD NOTE 01

Start with one shelf

Before organizing an entire pantry, pick one shelf and really look at it.



Choose conditions appropriate to the food.

An unlabelled jar, an opened bag and two partly used packets all raise different questions. One shelf gives you a manageable place to record what is present before choosing a new arrangement.

Gather information first: food names, instructions, quantities and missing details. Then decide which items belong elsewhere or need a clearer record. A tidy arrangement is useful, but it is not a test of food safety.

IN YOUR PANTRY NOTES

1. Photograph or sketch the shelf exactly as it sits today.
2. List every open container and whether it is sealed, labeled, or neither.
3. Note which items you cannot identify by sight alone.

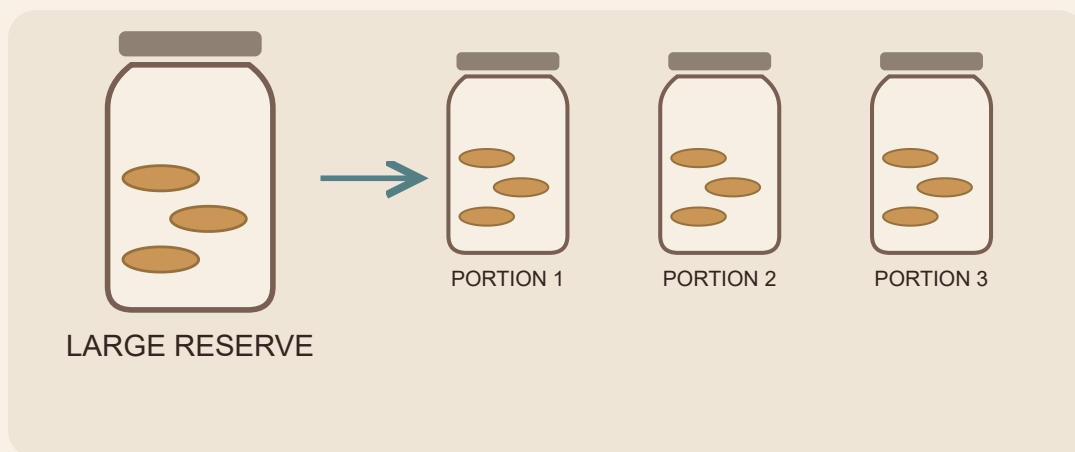
Start small enough to make a clear record and use it.

Context: Original planning exercise. Sources: pages 27–28.

FIELD NOTE 09

Choose portions you can use

Packaging dried food into smaller portions limits how often a large batch is exposed to air.



Smaller portions can limit repeated opening of the reserve.

Every time a container is opened, moisture and air reach the food inside. Portioning into amounts sized for realistic use reduces how often that exposure happens across a batch's life.

This is a planning decision as much as a packaging one: it asks you to be honest about how quickly a household actually uses a given dried food.

IN YOUR PANTRY NOTES

1. Estimate how much of a dried food your household uses in two weeks.
2. Compare that to the size of your current storage containers.
3. Sketch a portioning plan sized to that real usage rate.

Portion sizes that match real usage reduce how often stored food is exposed to air.

Context: DRY. Sources: pages 27–28.

PRINTABLE SHEET 01

Map one shelf

Record the place and the foods before changing the arrangement.

Date / location

Foods / instructions to keep

Light / nearby heat / moisture observations

Access / opened items / items to use next

Unknown details / next action

A sketch records your arrangement. It does not verify food safety or replace the instructions for the foods shown.