

THE HEALTHY TOMATO

Helping busy women learn
 time-saving systems
so they can prepare
clean healthy meals
for themselves and their families

How to Use Your New Deep Pantry Planner

How deep you make your pantry depends on several factors.

What are your goals for your pantry?

- To ensure you never run out of item when you are preparing a meal? You should only need a small back up supply.
- To be prepared in case of a power outage or storm? This may mean you have enough food a few days to a week or two.
- Or to be prepared for a food shortage like we saw recently with the Covid outbreak? Perhaps enough food to last for a month or two.
- What about as the preppers call it “WTSHTF” (When The Shit Hits The Fan)? Now we are talking end of world doomsday stuff. Hey, I am not judging. I think it is better to be prepared and not need it then not be prepared. That totally sucks.

You may be limited by how much room you have.

You may not be able to afford to go out and buy triple the amount of groceries you usually buy.

And it may be very overwhelming.

These guidelines will help you get started and show you how to use your deep pantry planner.

The planner is set up by 4 different categories: Size, Quantity Desired, Quantity on Hand, and Quantity Needed.



Here is the breakdown:

Size: Not all items typically are purchased in multiple sizes. You will see the canned bean category only has room for one size but items like canned tomato products come in 2 different sizes. This gives you the option to include different sizes of your favorite pantry items.

Quantity Desired: This will be your starting point. It may change later but when first starting out I would recommend just double what you would normally buy. If you normally buy two 28 oz cans of tomato sauce you would double this and insert 4 cans under *Quantity Desired*. Once you have everything in your list doubled you can increase the Quantity Desired number and start working on building your stock.

Keep in mind that building your deep pantry typically takes time. This does not have to happen all at once. See *helpful tips* below.

Quantity on Hand: Here is where you will take an initial inventory of everything you have on hand, so you have a starting point.

Quantity Needed: Basically, you will subtract *Quantity on Hand* from *Quantity Desired* and this will give you your *Quantity Needed* figure.

Whenever you use an item you automatically add it to your [shopping list](#). This way your stock is always maintained for the *Quantity Desired*.

Helpful tips to stock a deep pantry:

- Always rotate your stock so you are using the oldest items first. Move the older items to the front and place the newer items in the back.
- As soon as you use an item place it immediately in your [shopping list](#). I use [Plan to Eat](#) for all my menu planning, recipes, and my shopping list.
- Look for sales and BOGO's (buy one get one free). If you take advantage of these types of sales, you can almost build your pantry for free.
- When stocking items like rice, grains, beans, and pasta consider using a vacuum sealer or airtight glass jar.



- Never buy cans that appear compromised in any way. No dents or rusty areas.
- Consider items you do not usually buy to help you out in a pinch if needed. For instance, if you use half and half or milk you can buy these in shelf stable containers now. Or buy some powdered milk and store in glass containers.
- Do not forget back storage of water which I neglected to place on the Deep Pantry Planner. Water is the most important thing we need a good supply of. The figure I came up with is $\frac{1}{2}$ gallon per day per person for hydration and $\frac{1}{2}$ gallon per day per person for hygiene. If you have pets, you will need more water for them. So at least a gallon per day per person.



DEEP PANTRY PLANNER FOR CLEAN EATING KITCHENS

CANNED BEANS	SIZE	QUANTITY DESIRED	QUANTITY ON HAND	QUANTITY NEEDED
Cannelini/Navy Beans				
Garbanzo/Chick Peas				
Black Beans				
Kidney Beans				
Pinto Beans				
Lima Beans				

CANNED TOMATOES	SIZE	QUANTITY DESIRED	QUANTITY ON HAND	QUANTITY NEEDED
Crushed				
Crushed				
Diced				
Diced				
Diced with Chilies				
Diced with Chilies				
Puree				
Puree				
Sauce				
Sauce				
Whole				
Whole				
Stewed				
Stewed				



CANNED VEGETABLES	SIZE	QUANTITY DESIRED	QUANTITY ON HAND	QUANTITY NEEDED
Asparagus				
Beets				
Carrots				
Green Beans				
Corn				
Mixed Vegetables				
Mushrooms				
Bamboo Shoots				
Water Chestnuts				
Baby Corn				
Bean Sprouts				

CANNED MILK	SIZE	QUANTITY DESIRED	QUANTITY ON HAND	QUANTITY NEEDED
Evaporated Milk				
Condensed Milk				
Coconut Milk				

CANNED FRUIT	SIZE	QUANTITY DESIRED	QUANTITY ON HAND	QUANTITY NEEDED
Applesauce				
Applesauce				
Pineapple Rings				
Pineapple Rings				
Pineapple Chunks				
Pineapple Chunks				
Pineapple-Crushed				
Pineapple-Crushed				
Pears				



--	--	--	--	--

BAKING SUPPLIES	SIZE	QUANTITY DESIRED	QUANTITY ON HAND	QUANTITY NEEDED
Organic Whole Wheat Flour				
Organic Rye Flour				
Organic Unbleached All Purpose Flour				
Organic Buckwheat Flour				
Potato Starch				
Tapioca Starch				
Raw Honey				
Real Maple Syrup				
Dark Chocolate Baking Chips				
Baking cocoa				
Walnuts				
Almonds				
Pecans				
Real Vanilla				
Yeast				
Dried Milk				
Baking soda				
Baking Powder (aluminum free)				
Salt				
Cream of tartar				

SPICES/SEASONINGS	SIZE	QUANTITY DESIRED	QUANTITY ON HAND	QUANTITY NEEDED
Salt				
Pepper				
Basil				
Oregano				
Italian Seasoning				
Cayenne				
Paprika				
Smoked Paprika				



Cinnamon				
Turmeric				
Cumin				
Cumin Seeds				
Curry				
Chili Powder				
Cumin Powder				
Coriander				
Cardamom Ground				
Cardamom Pods				
Crushed Red Pepper				
Bay Leaves				
Celery Seeds				
Celery Salt				
Caraway Seeds				
Sage				
Poultry Seasoning				
Onion Powder				
Garlic Powder				
Ground Mustard				
Nutmeg				

RICE/GRAINS/CEREAL	SIZE	QUANTITY DESIRED	QUANTITY ON HAND	QUANTITY NEEDED
Long Grain White Rice				
Brown Rice				
Basmati Rice				
Jasmine Rice				
Short Grain Rice				
Organic Cornmeal				
Quinoa				
Buckwheat Groats				
Oatmeal				
Flaxseeds				

