

A photograph of a kitchen shelf. In the foreground, there's a large glass jar filled with penne pasta. Next to it is a smaller glass bowl containing several red bell peppers. Behind these are several smaller jars and containers. To the right, a potted basil plant with large green leaves is visible. The background is slightly out of focus, showing more kitchen items.

HOUSE OF white

Pantry CHALLENGE

Pantry

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I've always done my own version of a 'pantry challenge' at various times in our lives. Often when we are about to go on holidays, before big events like Christmas and Easter, or when I really want to save a few \$\$\$ or save up for something.

I know everyone's circumstances or reasons might be different. So I created this challenge with two potential goals: do your entire shopping for under \$50 (for the hardcore) or at least save \$50 on your average weekly shop.

Ultimately, this challenge is whatever you want/need it to be!

While this challenge is designed to save you a bit of money in a week, it is also designed to help set you up to better plan and save money ongoing, through changing habits and better organisation.

It will also help you to be mindful of food waste, encouraging you to try new and different foods and consider cultivating your own fruits, herbs and vegetables.

Good luck!

- Liv



Step ONE

TAKE INVENTORY OF YOUR PANTRY

Take an inventory of the ingredients you already have, while clearing out anything out of date or unusable. This will help you gauge an idea of what foods you use and don't use (so you don't waste on them again).

It will help you to organise your space better, making it easier in the future to not overbuy or waste any food. This makes it much easier to meal plan week to week and reduce your costs in your shop.

By doing this groundwork, it won't just save you money but it's a much more sustainable way of living by reducing food waste.

Organised kitchens are all the rage, but for me, it has a deeper purpose. Pretty labels and jars are lovely but don't get too caught up on it. Be methodical about how you set up your pantry and fridge to best suit you.

Hopefully, through this process, it will set you up to reduce your weekly shopping costs moving forward.



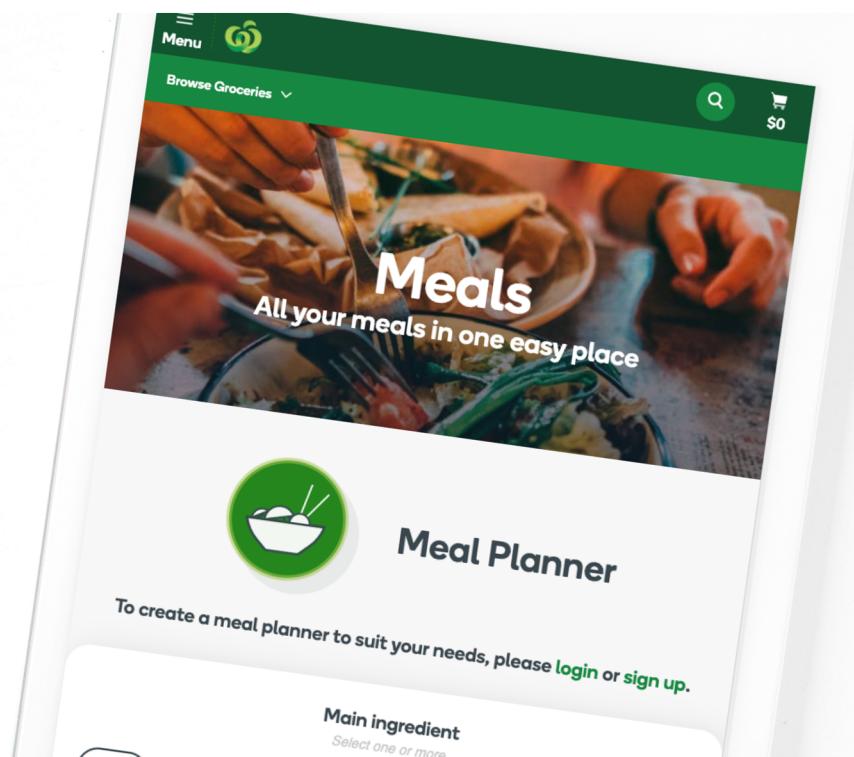


HANDY TIPS

- Take before photos so you can see the process and compare at the end
- Go through your entire pantry, looking at every single item
- Throw away anything that has gone off
- Once emptied out, vacuum, wipe, defrost and clean your pantry, fridge and freezer
- Organise items you keep in a way that makes them easy-to-access
- Sort & label things so they are visible
- Take stocktake notes along the way of every item you have, for meal planning ahead

Step TWO

CREATE A MEAL PLAN FROM WHAT YOU HAVE



Meal planning is critical in helping manage your weekly shop. Using as much of what you have in your pantry already, search for recipes to use these up. There are plenty of websites that allow you to put ingredients in and search using those.

Woolworths also has some fantastic quick and affordable recipes on their website that you can add directly to your shopping list.

They also have a Meal Planning app within their site that allows you to select key ingredients, serving sizes and minutes to cook, so you can select the perfect meal for the ingredients you already have.

You can pick from hundreds of recipes and save your favourites to your lists - a fantastic resource for this challenge.

Check it out at:

www.woolworths.com.au/shop/discover/meals-at-woolworths/meal-planner



This is also a great time to print out, write down and bookmark easy recipes that you can go back to when you're after a cheap and easy meal.

Try to find meals that are easily batch cooked and can be used throughout the week, using up as much as you can from your pantry and saving you on time.

HANDY TIPS

- Using your inventory list as inspiration, plan your week of meals (best done on a Sunday to feel ready for the week ahead!)
- Use up items that are reaching the end of their use-by date first
- Try to come up with recipes that use multiple items (ie. if you have kilos of rice just sitting around, and a few cans of coconut milk, use both and whip up a healthy coconut curry for a few days meals!)
- Batch cook and freeze meals to help you on those busy days/nights that pop up when you're tempted to get take away
- Always a great thing to do before a holiday to use up foods you might otherwise throw away

I've created a weekly meal planner for you to use in this challenge and weekly moving forward. There are also some of my favourite go-to pantry challenge meals ideas on page 10.

Step THREE

WRITE YOUR SHOPPING LIST

When creating my shopping list I like to be just as mindful of what we don't have, as well as what we do have. It's a good way to help you stock your pantry better in the future.

We do around 90% of our weekly shops online. I find this is a much more manageable way to keep track of spending. As well as not overspend on impulse items.

You can have more control over checking the price and comparing products, all nutritional information is available and prices can be sorted in multiple ways.



I often look for own-brand products and healthy swaps like the Woolworths Macro range which we use for most of our grains, nuts and health foods.

I have included a weekly shopping list and some meal ideas at the end of this guide to help you for your challenge.



Step FOUR

FOLLOW-UP & MAKE CHANGES



After you have completed your pantry challenge, it's a great idea to sit down and look at how your challenge went.

THOUGHT STARTERS

- Did you reduce your weekly spend?
- Did you manage to do your entire challenge on a strict \$50 budget?
- What did you have to cull and throw away? Why?
- Can you improve on how you organise and store your items?
- Did you have things you don't ever use?
- What staple items were you missing?

- What did you eat this week?
- Were your meals different to usual?
- Did you have less food waste?
- What items can I grow myself?

Woolworths Discovery Garden was a great way to inspire people to cultivate their own herbs and vegetables, while also encouraging people to cook from scratch, using up items in their pantry and garden.



Meal IDEAS

Everyone's meal plans will be different, as what we have stockpiled and how much food we all have will differ.

We often end up with a bit of frozen meat that we've forgotten we had, tins on tin on tins of vegetables and other assorted goodies, and we've always got a well-stocked spice and herb drawer (sometimes too well stocked).

Here are some of the meals I created once auditing our pantry:

HOMEMADE BAKED BEANS

Using tins of different beans and crushed tomatoes we had stockpiled. Eat by itself, or I put it next to sausages we had frozen in the freezer.

BOLOGNESE SAUCE

Using frozen mince, onions, carrot and tinned tomatoes, sauces we had and dash of red wine from our stash. Served on Woolworths Pasta Spirals for \$1 and topped with basil from our Discovery Garden.

Then using what I have left I plan to make lasagne. I made my own white sauce from scratch from our own spices. I used Woolworths Italian Cheese Blend for the sauce and topping (\$4). As well as Macro Organic Lasagne Sheets, only \$2!



Meal IDEAS

VEGETABLE SOUP

One of my go-to recipes when I want to use up any fresh vegetable before they go off. This is a great one before you go away as it can freeze easily.

I used leftover sweet potato, carrot, red onion and capsicum we had. I roasted them all and then added them to some vegetable stock. You can use really any vegetables you have.

I also used some fresh chives grown from our Discovery Garden to garnish. If you have any leftover bread, you could toast to make croutons.

TUNA BAKE

We always have extra tuna tins, so I make this for dinner or Jezz's lunches. I used the pasta from our bolognese dish and cheese from lasagne, then just added cream and used frozen corn we already had.

FRIED RICE

Our girls love this and we often make it in big batches. Just using up fresh or frozen veggies we have, plus eggs and even any meat we have cooked that week.



Organising THE PANTRY

I didn't want to focus too much on this to start so not to distract from the process.

But once you have gone through the process of auditing your pantry and using up unused items, decluttering and culling anything out-of-date or unusable. It is now a great idea to organise and make your pantry more 'user friendly' so you don't have the same thing happen again.

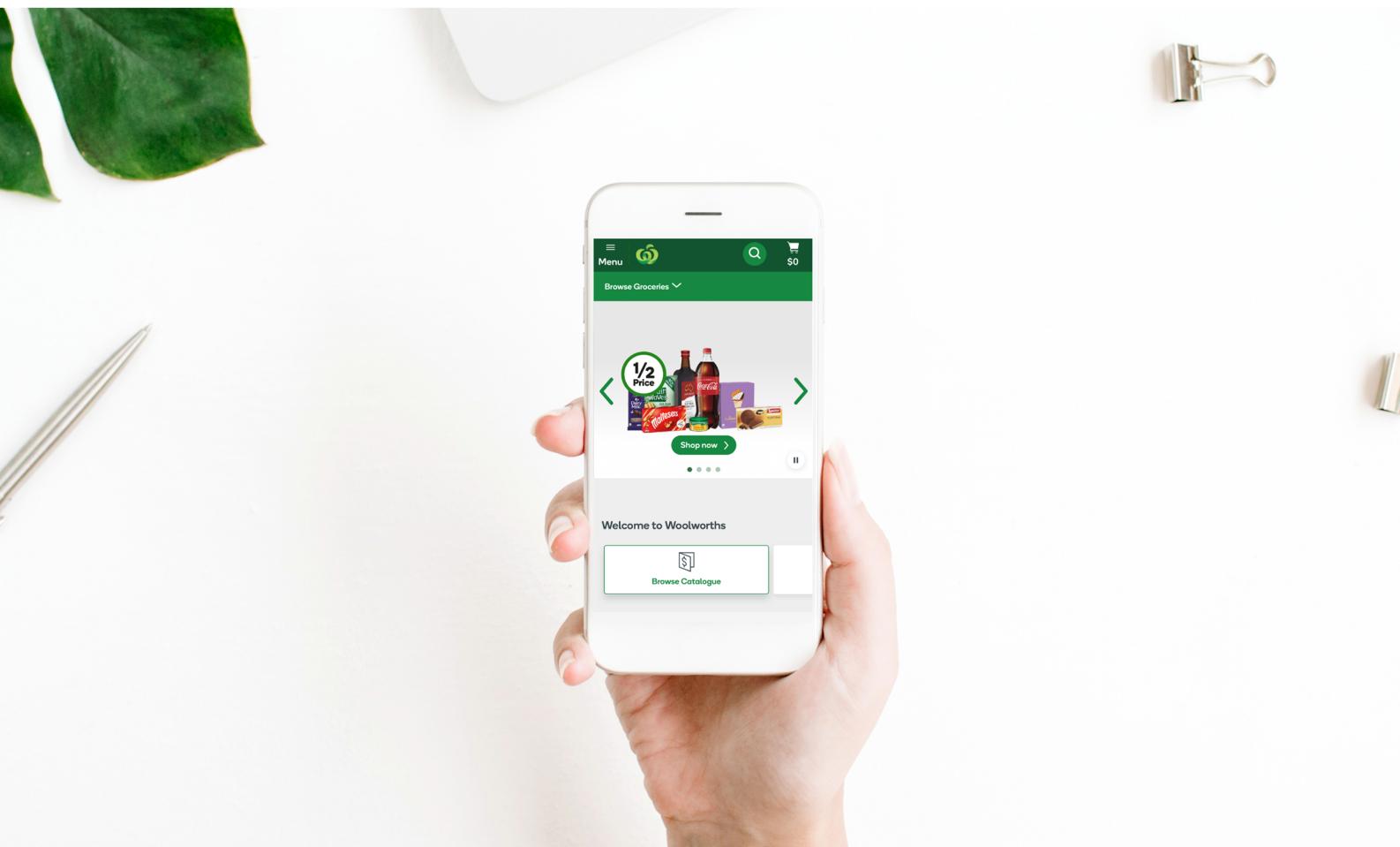
By making everything accessible, visable and labelled, means you're less likely to end up with the clutter and food waste again.

I suggest investing in good quality containers that are airtight and not going to break. Avoid plastics, and opt for glass.

I also use a simple label maker, so if I ever need to update and change labels I easily can. But feel free to get fancy if you wish #pantryporn



Automate YOUR WEEKLY SHOP



I have also been a big fan of online shopping. Whether you pick-up your shop, or have it delivered. I find being able to shop from a searchable list, and add exactly what you want is key to smart meal planning and reducing weekly costs.

The Woolworths App can be used via mobile or via their website on desktop. I always sit in our kitchen and go through each item, checking what we have and how much so not to double-up or over purchase items.

Another great tip for better meal planning and reducing waste is to automate and digitalise what you can.

Through Woolworths new app for the Google Assistant you can now build a shopping list hands-free, right when you need something. Rather than forgetting to write it down or add to your lists, you can simply say “Google, add milk to my shopping list.”

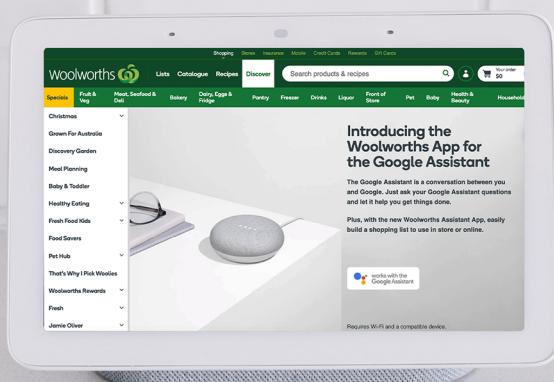
This will then talk to the Woolworths app and add it to your Woolworths shopping list for you. It will also remember your favourites and suggest items that are on special to make creating a list even easier.

You can edit your list wherever, whenever and your list will be available on woolworths.com.au or on the mobile app to view and edit anytime.

You can use your list in store or online. Check out online for Delivery or Pick up, or use the mobile app to view your list and see each item's aisle location in store.

For more on how the Google Assistant works with Woolworths, check out the website here:

www.woolworths.com.au/shop/discover/shopping-online/google-assistant





HOUSE OF *white*

Printables

HOUSE OF white

Pantry INVENTORY

PANTRY

PANTRY

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Pantry INVENTORY

FRIDGE

FREEZER

GARDEN

ITEM

Weekly SHOPPING LIST

MEAT/FISH/DELI

<input type="checkbox"/>	-----

BAKERY

<input type="checkbox"/>	-----

TOILETRIES

<input type="checkbox"/>	-----

FRUIT/VEGGIES

<input type="checkbox"/>	-----

CONDIMENTS

<input type="checkbox"/>	-----

PETS

<input type="checkbox"/>	-----
<input type="checkbox"/>	-----
<input type="checkbox"/>	-----

FROZEN

<input type="checkbox"/>	-----

HOUSEHOLD

<input type="checkbox"/>	-----

DAIRY

<input type="checkbox"/>	-----

CANNED GOODS

<input type="checkbox"/>	-----

OTHER

<input type="checkbox"/>	-----

Weekly MEAL PLANNER

	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUES				
WED				
THURS				
FRI				
SAT				
SUN				