

## Grocery Inventory

First, write down every category of food in your cupboards, refrigerator and freezer. You'll have a list that includes things like meat, fish, dairy, vegetables, (fresh, frozen and canned) grains and pasta, breads, condiments, etc.

Next, create an inventory spreadsheet or document where you can write down how many of each item you have. For instance, under meats, create a section of chicken. Under that, make entries for boneless, skinless breasts, thighs, whole chickens, and anything else you may keep in stock. Under dairy, you can have entries for cheddar cheese, butter, margarine, milk, etc. Leave a couple of blank lines in each major category for special items you don't always stock. This part will take a little time, but you have to do it only once, and update periodically. Then print off a copy and grab a clipboard - here's the eye-opening part.

Take inventory of absolutely everything you have, writing down your count on your inventory sheet. While you are doing this, check the expiry dates on everything you own. You may be astonished to see some long-expired items lurking at the back of the cupboard! Pitch these, and organize your shelves how you like them. Again, this first inventory will take a bit of time, but once you are organized, you can take inventory before you go shopping in much less time. You can take this sheet with you to the grocery store in case you forget just how much of something you already have. And while you are reorganizing, take the chance to get rid of the low-nutrient items such as chips, candy and sugary treats.

Now you translate what you've got into some healthy meals. The key is to plan dinner menus and some lunch choices for a week at a time. Look over your inventory and see what suggests itself to you, and write it down. Have some fun with your cookbooks and look up recipes that will use what you already own, in new and creative ways. Use up as much as you can of current inventory, and write down what you absolutely have to buy. Plan to make some double batches of meals that freeze well. That way you'll have something easy and healthy available for when life gets in the way, and you won't have to resort to takeout. Another benefit of this plan is that you will find some new recipes using ingredients that you haven't tried yet. It's an easy way to experiment with new vegetables or grains.

Of course, the best laid plans do go awry sometimes. If you had planned to thaw chicken breasts and marinate them, but forgot to do that in time, look over your planned menus for the rest of the week. See what you can shift around and do perhaps Thursday's dinner on Monday instead. The beauty of having everything you need for that week at hand means that you will avoid most of those last minute trips to the supermarket, and cut down on your bill too.

The next step is to create your grocery list, using your menus as a guide. You will shorten your shopping time, reduce your grocery bill, expand your healthy food repertoire, and avoid duplicating items you already have.

Look for the downloadable PDF of the list below. Available for colour printers and black only. Both in the Eat Well section of Article Downloads.

### GROCERY INVENTORY SHEET

<b>Chicken</b>		<b>Beef</b>		<b>Pork</b>		<b>Seafood</b>	
Reg.breast		Roast		Chops		Haddock	
Bls breast		Ground		Tenderloin		Shrimp	
Legs		steak		Loin roast		Trout	
Thighs		stew		bacon		salmon	
ground		burgers		hams		Shr. ring	
				Sliced ham		oysters	
<b>Frozen</b>		<b>Fresh Veg.</b>		<b>Canned</b>		<b>Tomato</b>	
Peas		Asparagus		Peas		Diced	
Corn		Beans		Corn		Paste	
Fruit		Broccoli		Lima		Sauce	
cranberry		carrots baby		Green beans		Pizza sce	
		Carrots reg.		Creamed corn		Pasta sce	
		Celery		Baby corn			
<b>Legumes</b>		Cauliflower		Bl olives		<b>Fish</b>	
Black bean		Cucumber		Gr. olives		Clams	
Chickpeas		Garlic		W. chestnut		Salmon	
Kidney		Mushrooms		cranberry		shrimp	
Mixt bean		Onions		Peaches		tuna	
		Peppers red		Pears			

<b>Soups</b>		Peppers, other		Mandarin		<b>Juices</b>	
Ch noodle		Romaine		pineapple		Apple	
Mushroom		Head lettuce		applesauce		Grape	
Tomato		Kale salad		Fruit mxt		Lemon	
Other		Potatoes				Mixt	
Ch stock		Shallots		<b>Condiments</b>		Clamato	
Bf stock		Squash		Mustard rg.		Juice box	
		turnip		Dijon reg.		Clam juice	
<b>Oil/Vinegar</b>				Dijon grainy		<b>Sauces</b>	
Red wine		<b>Miscellaneous</b>		Dijon honey		Bl. bean	
Balsamic		Popcorn		Ketchup		Shrimp	
Cider		Cocoanut milk		Relish		Soy	
w. wine		Almond milk		Horseradish		Stir-fry	
White		Rice milk		Plum sauce		Worcest .	
Raspberry		Wild mush.		marinade			
Canola				Soy sauce		<b>Spreads</b>	
olive x. virgin		<b>Fresh Fruits</b>		Fish sauce		P. butter	
Olive		Apples		BBQ sauce		apple butr	
Sesame		Bananas		Dill pickles		Rasp. jam	
		Grapes				Straw jam	

<b>Dressings</b>		Kiwi				marmalade	
Caesar		Lemons		<b>Cereals</b>		honey	
Cucumber		limes		Oatmeal			
Balsamic		Oranges		Granola			
Ranch		Strawberries					
mayo							

<b>Baking</b>		<b>Pasta/Grains</b>		<b>Coffee/tea/other</b>		<b>Dairy</b>	
Bk pdr		wh. rice		Tea bags		w. milk	
Bk soda		br. rice		Tea bags, decaf		Ch. milk	
wh. flour		Linguine		Coffee, drip		Butter	
ww. flour		Fettucine		Coffee, instant		Margarine	
Gluten flr		Rotini		Herbal teas		Cr. cheese	
Dry milk		Lasagne		Coffee filters		cheddar	
w. sugar		Farfalle				marble	
b. sugar		Macaroni				Mozzarella	
Icing sugar		Spaghetti				Feta	
Fruit sugar		Barley				Ricotta	
Dry milk		Egg noodles		<b>Pet Supplies</b>		Parmesan	
Yeast		Vermicelli		Cans wet food		Gruyere	

Cocoa		Fusilli		Dry food		Brie	
Bran				Treats		Sour cream	
raisins		<b>Bread/Crackers</b>		Litter		Condns mlk	
Salt		Bagels		toothpaste		eggs	
Muffin cps		Gluten free cr.		toothbrushes		Pln yogurt	
molasses		Pitas					
Bran cereal		Soda					
Cornstarch		Triscuits		<b>Cleaning</b>		<b>Toiletries</b>	
Vanilla		Tortillas sm		Laundry soap		Shampoo	
Vanilla bean		Tortillas lg		Bleach		Condition	
Corn syrup		Taco shells		Fabric softener		Hair spray	
Choc chips		Croutons		Spot -laundry		Hair gel	
peppercorns				AP cleaner		Mousse	
		<b>Paper Goods</b>		Windex		Floss	
		Paper towels		Mr. Clean pads		Toothpaste	
<b>Herbs to buy</b>		Toilet paper		Sponges		Body wash	
		Kleenex, lg		Windex		Ivory bars	
		Kleenex, sm		Tub cleaner		Sunblock	
		Napkins		Liq. dish soap		Deodorant	
				Dishwasher det.		Mouthwash	

		<b>Food Wrap</b>		Liq hand soap		Band-aids	
		Foil, reg		Jet Dry		Body lotion	
<b>Drinks</b>		Foil, nonstick		Toilet cleaner		Q tips	
Water		Plastic wrap		Carpet spot cl.			
Tonic		Ziplock, md		Carpet cleaner			
Iced tea		Ziplock, lg		Liq hand soap			
Ginger ale		Zips, lunch		Lysol spray			
Lemonade		paper bags		Lysol wipes			
		Kitchen bags					
		Green veg					
		Toothpicks					
		Compost bags					