



GROCERY & FRIDGE PREP

Clean & Refresh the Fridge

- Remove old leftovers
- Wipe down shelves
- Discard expired condiments
- Organize drawers
- Make room for produce and prep containers
- Adjust shelves if needed for taller dishes

Take Stock of Pantry Staples

- Flour
- Sugar
- Baking soda & powder
- Spices (check freshness!)
- Broth
- Pasta
- Rice
- Stuffing mix
- Canned goods
- Oils & vinegars
- Foil, parchment, storage bags


Do Your Grocery Shopping

- Produce
- Meat & poultry
- Dairy
- Bakery
- Canned & dry goods
- Household items

Label & Store Everything

- Group ingredients by recipe
- Keep produce visible
- Set aside a spot for Thanksgiving items

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Compliments of Mrs. Clay