

17 Ways To Build Your Real Food Pantry ...Without Breaking The Bank!

[Wardee] In the event of an emergency or even extended illness that prevents trips to the store, how great would it be to have a well-stocked pantry and even some food stored up so that you can still eat healthy for a few weeks, if not months?

Yet, many, many people live week to week, depending on regular (sometimes daily!) trips to the grocery store, otherwise they would have no food to eat.



Even though they know deep down that it would be better to have at least some food storage, they don't do it. Why? I believe there are four main reasons (and please let me know if you can think of any others!).

First, they might think it's going to take a lot of money that they just don't have. To purchase the food, to build shelving, to invest in buckets, etc.

Second, perhaps it's a knowledge barrier that holds them back. How to store the foods so they don't spoil, what to store, and big questions like that that prevent taking action.

Third, perhaps it's simply that they don't have space. No room for the buckets, no room for the shelves, no room for an extra fridge or freezer.

And finally, it might simply be too much for some. Physically or mentally, they are not up for the task and can't even think about tackling it.

Now, to get over the second, third, and fourth hurdles, a person obviously needs some creative thinking, research, possibly moving, and certainly outside help. I believe progress is possible, yet in this section of our class, I'm going to primarily focus on the first obstacle because everything starts from budgeting and allocating resources toward growing the pantry and food storage.

I believe that it doesn't take a lot of money to build up a well-stocked pantry and food storage (and therefore lessen our dependence on the grocery store). However, it might take time and chipping away at it and there's nothing wrong with that as long as you're making progress!

And regarding knowledge, hopefully I can help you with some of that here... In addition, please know that we're always (me included) learning and growing. This is a journey! What's important is that we take those steps forward, increasing our knowledge and wisdom, so that tomorrow, Lord willing, we're a little better off than we were today.

Before I get to the 17 tips for building up your real food pantry, I want to help you consider your overall approach and then share why I think this is so important for any family that's interested in being healthy and lessening their day-to-day dependence on the grocery store!

Consider Your Approach

Our family has been more extreme in the past with our whole food storage. We've had all the buckets and the full year (or more) supply of food stored up. We're a little more moderate now, aiming for a few months of most staples while having more of others (such as a freezer full of meat that should last a year). There's no right approach for this, it really depends on what is best for your family, your space, and your finances.

However, I think we'd all agree that prioritizing having a healthy stocked pantry and some food storage is a good idea whether you're aiming for it to last a little while or a long while. In my pantry tour video that's included with this lesson, you can see what our family's food storage looks like at the time of this writing. Like I said, we have been more extreme, but being more moderate better suits us right now and is still enough so that we could potentially last at least a few months with what we have available.

Why This Is Important

Why should we care about this anyway? Consider these 7 points... and keep in mind, we're not talking about stocking the pantry with soda and/or lots of processed food! The assumption here is we're sourcing quality whole foods!

1. More In Line With God's Design

God designed and gave us whole foods as our primary nourishment, so a whole foods pantry lines right up with what He'd want for us. (Not because it's a rule to follow, but because following His design is a way to give Him the praise, honor and glory He is due!)

2. It's More Healthy

Building up a pantry and storing whole foods naturally lends itself to better health, whether in lean or prosperous times. Of course people can put cans and cans of soda on the pantry shelf, but what we're really talking about here are bulk meat, grain, healthy fats, nuts, seeds, dried fruit, etc. Those whole foods can help us better weather any storm (natural disaster, illness, you name it) because it's more likely that we'll have stable energy and stronger immune systems.

And although this is no guarantee, it is true that many are able to get off medications when their health improves. Can you imagine how much simpler life is when you don't have the stress of "what if": "What if I run out of my medications and can't get more?" "What if I can't get to the doctor?"

Lisa L. shared that she was off her medications and down four sizes through what she learned here at Traditional Cooking School:

Ideally, fowl — chicken and other poultry — should be able to forage for green grasses and bugs in order to supply up to 25 percent of their diet. The rest of their nutrition is supplied through non-GMO, organic grains and/or seeds. The more sunshine and green grass, the better! Poultry that have access to lots of green produce eggs with deep orange yolks. (However, supplementing with cracked corn can do the same thing.)

Again, this is not a guarantee, this is a HOPE. Amazing, right?

3. Supports Local

We encourage the sourcing, eating, and preparation of GNOWFGLINS foods. "God's natural, organic, whole foods, grown locally, in season." Depending on whether you live, you'll often find better prices and higher quality



through local farms and suppliers. So I encourage that wherever possible. Not just for your benefit, but because it stimulates your local economy and supports local families!

4. Teaches Our Children Where Their Food Comes From

When our children (and grandchildren) can be part of the process of sourcing, unpacking, storing, and using real, whole foods, they learn soooo much about food, farming, cooking, eating, and more! Wouldn't you rather they know that a carrot comes from the ground rather than the grocery store? Or that the eggs come from chickens they have seen at a local farm pecking at bugs and eating grass? Or that crackers come after you make your own dough rather than from a box?



Even if they can't "see" the whole process from farm to shelf... you can talk about the missing steps and give them a deeper appreciation for God's provision and design!

5. You're More Prepared... Whether Good Times or Bad!

When times are good, you are not going back and forth from the grocery store all the time! You could skip a week or two and no big deal because your pantry provides you the flexibility to modify recipes or use alternative recipes or just cook from what you have. And when times are hard, you can lean on your pantry stores to provide for your family until things improve and you can stock up again. In addition, in times of crisis, people with self-sufficiency and frugality are more calm and better able to handle the stress and...

6. You're In A Position To Help

The calm and peace that comes from relying on the Lord and knowing He will provide has deep and positive reverberations throughout the family, church, and community. When our hope is in the Lord and we've followed His promptings with diligence, then we have actual food stores to help a family member, friend, or brother in need.

And now for the 17 ways to build your real food pantry!

17 Ways to Eat Healthy and Build Your Real Food Pantry... Without Breaking the Bank!

Follow these tips during lean or prosperous times. When times are good, you can get ahead. When times are hard, you can better thrive. These tips assume (or at least work better if) you are following a budget for all your family's expenses... because spending within your means means that you can pull back on some things and/or allocate extra funds toward food storage where your budget allows.

1. Follow A Menu Plan

Plan out EVERYTHING as much as you can: meals, sides, snacks, desserts, school lunches, meals for potlucks during the week, and snacks for kids' activities. Then make a detailed shopping list (if you are able to shop locally or at grocery stores) and stick to it.

This will be work up front, yet then you'll have a written plan for your family's entire week, and you won't be scratching your head wondering what you're going to make for dinner on Wednesday afternoon at 4:30 pm. Because you have a plan, you'll avoid last-minute runs to the store (which cost time and money) and caving in to eating out (which also costs time and money)! Having a meal plan and sticking to it is essential for any family — and especially one on a budget!

Check out my podcast — [4 Steps to Easy Meal Planning](#) — for more. (Notes are included if you don't have time to listen.)



2. Make It Yourself

Ditch the processed foods and you'll save money! Yes, even if it's a special occasion. Money spent on these items is money that can be redirected and spent on more nutrient-dense foods for your family. Take the money you would have spent on sodas or toaster waffles or chips, and instead, put it toward:

- ▶ purchasing a quarter or half cow from a grass-fed rancher
- ▶ that raw milk you've always wanted but could never afford
- ▶ a kitchen appliance that would make your life easier, such as a high-powered blender or Instant Pot
- ▶ a bulk purchase of einkorn, oats, or beans
- ▶ the container garden you've been dreaming of for your porch
- ▶ a membership to [Traditional Cooking School](#)

Help your family transition to healthy “soda” in the form of water kefir (which we'll teach in an upcoming lesson!) or [Kombucha](#) ([continuous brew](#) is especially frugal!) or any of these other [gut-healthy fermented drinks](#).

No matter what you can buy in a box or package at the store, I guarantee you can make it for less at home — especially if you have a large family.

Crackers? Yes! I teach you how to make the most amazing crackers ever in our Sourdough eCourse .

English muffins or other breads? Yes! English muffins in particular are sooo easy to make and make great toast or sandwiches! [Here's our recipe](#); it gets rave reviews. (And a video demo is included in our Sourdough A to Z eCourse.)

Yogurt? Yep! It's one of the easiest and fastest ways to cut your budget. I show you how in our Cultured Dairy & Basic Cheese eCourse or [Instant Pot Raw Milk Yogurt right here](#) on the TCS blog. Depending on your milk prices, this could save you a lot of money! For instance, we can get raw milk for \$3 per gallon. Add in the cost of cultures and gelatin (which I use for thickening and extra nutrition) and maybe that brings me up to \$4 per gallon. That's just \$1 per quart (32 ounces)! Compare that to a 32 ounce tub of yogurt from the store at a \$3 (plus tax). Right there, my cost is 1/3 that of the store... not to mention that my yogurt has lower sugar content due to a longer fermentation time and healthier because I can use raw milk. *Please know that you can make yogurt with any milk, though, and culturing it makes it more healthy!*

Cereal? Here are [31 Deliciously Nourishing Granola Recipes!](#)

These are just a few examples! We also have homemade recipes for salad dressing, mayonnaise, and many other household staples coming up in this eCourse. Bottom line: No matter what size your family is, you'll increase nutrition and decrease the grocery budget just by switching from processed to homemade items!

3. Stock Up With “Extra” Each Month

...as your budget allows. The idea here is that you build up your reserves a little each month, as you have extra from pulling back in other areas of your budget (and more tips coming on how to do that). So if you have \$25 extra in your food budget, use it to buy an extra bag of rice or an extra tub of coconut oil.



Also, if possible, save room in your budget for bulk purchases because they are cheaper per pound. Practically speaking, this might mean one month you go without some food and save that money you would have spent there so the next month you can buy a bulk amount of it. You'll end up with more of that food for the same amount of money.

Get creative with this! Only you know your budget and what extra you have each month. If you combine this principle with some of the others coming (like buying in season and/or preserving) you can stretch that excess even further!

4. Don't Waste ANYTHING!

Prepare to be shocked! Of any country, Americans are the most wasteful with food. Some sources suggest we waste 150,000 tons of food each day, which is equal to one pound per person. (A lot of this is fresh produce.) Let our families be the exception to the rule! Here's how...

Meat, produce, and baked goods are the items that tend to spoil first. If you buy meat in bulk, you'll definitely need an extra freezer to store it long-term. If you buy your meats as-needed on a weekly or monthly basis, refrigerate the meat you plan to use within a few days and freeze the rest. Serve produce that tends to spoil quickly (such as lettuce, spinach, and bananas) first, and save longer-lasting potatoes, onions, and carrots for later meals.

When you bake, refrigerate any leftover breads or muffins (especially moist baked goods) within two days to prevent spoilage or mold growth. Whatever of these you don't eat within two days, freeze for later. I have a drawer in the freezer devoted to frozen baked goods. Which is really nice on busy days when someone in the family wants muffins, flatbreads, English muffins, or quick breads.

Even scraps can be used! Vegetable peels can be added to broth for flavor and a mineral boost. Other veggie waste, like cauliflower or broccoli stems, can be fed to dogs and chickens, or composted. [Here's an in-depth article on how Haniya composts her family's food scraps](#) even in a small space! Putting all your scraps to work for you in some way is an excellent way to stretch your dollars.

5. Prioritize Seasonal Produce

Eating seasonal produce has many benefits. First, most of it tends to be cheaper than non-seasonal produce options because of its current abundance. Take advantage of this and eat more of what's in season than what's out of season. You'll not only save money, but if you buy local, you'll benefit from heightened nutrition (eating it when it's perfectly ripe), and you'll support local farms! And...

6. Preserve Seasonal Bounty Through Fermenting, Dehydrating, Freezing, or Canning

...as budget allows, buy extra of what's in season and preserve it through fermentation, dehydrating, or canning. We prefer fermenting and dehydrating because they preserve or enhance nutrition while canning tends to reduce nutrition.

Fermentation adds nutrition without much cost. Cabbage is one of the most inexpensive foods you can buy (or grow), yet lacto-fermenting it into sauerkraut increases the taste and nutrition.

Choose which foods you'll ferment based upon what produce is on sale at the store, what's in season, or what you're already growing. The least expensive veggies at the store often make the tastiest ferments — like carrots, radishes, beets, and green beans! Plus, fermentation is an amazing way to preserve food that might otherwise go to waste! Learn all you need to know about lacto-fermentation in our Lacto-Fermentation eCourse . We'll also devote a few lessons to different fermented foods in this eCourse, just to get you started!

As another option, dehydrating! Did you plant a garden and now have zucchini or tomatoes coming out your ears? Find a steal of a deal on berries at the grocery store? Want to store bulk meat purchases but can't afford a second fridge or freezer? All of these items (and more!) can be preserved through dehydration! You don't have to throw away any of your garden's bounty, you don't have to pass up the opportunity to stock up on something at the store for a great price, and you don't have to put off a bulk purchase of meat! Dehydrating saves money AND space — and is an excellent way to feed your family on a small budget.

And although I prefer fermenting, dehydrating, and freezing as preservation methods, certain foods are wonderful canned, like meat, beans, and tomatoes. Also, canning allows you to store preserved foods at room temperature where fermented foods and dehydrated foods need cooler and/or drier conditions.

So you have to make the decision on which method is best for your situation. We have online classes on both Fermenting and Dehydrating to help you learn how and/or decide what might work best for you. I don't teach canning, other than beans and tomatoes in our Cooking Outside eCourse, so for canning I will refer you to my friend Melissa Norris' [Home Canning With Confidence \(TradCookSchool.com/canningclass\)](https://www.TradCookSchool.com/canningclass) online class for more in-depth teaching on that.

7. Grow (or Gather) Your Own

Whether it's animal foods (such as chicken, eggs, beef, milk) or gardening... it's often cheaper to grow your own. You're skipping the middleman and doing all the nurturing yourself. You're investing your own time and energy instead of paying someone else to do it.

It's debatable whether or not raising animals is less expensive; it depends on feed costs and what



pasture is available. However, gardening and growing your own produce will nearly always be less expensive than purchasing it elsewhere. You can also gather wild foods such as wild game, edible weeds, mushroom, or berries.

8. Choose Frugal Forms of Protein

Shop around for the best prices on the forms of protein (meat, milk, and eggs) that are more abundant and possibly less expensive in your area.

In addition to taking stock of the grocery stores in your area, check out any local farms. Produce from a farmers market can often be expensive, but sometimes you can find a local farmer selling a particular food cheaper.

Whatever you find that's cheaper, prioritize and eat more of that instead of the higher priced protein.

In our area, we can get raw milk and eggs for the best prices we've ever had... \$3 per gallon of raw milk and \$3 per dozen pastured eggs. Also, pastured chicken is less expensive per pound than grass-fed beef, and pastured pork less expensive still. (Haniya invests in a whole pastured pig every year instead of a third or half of a grass-fed cow because it is so much cheaper!)

The point is... whatever forms of protein are less expensive in your area, eat more of those than the expensive ones.

9. Bulk Up Meals with Frugal, Whole Foods

By soaking or sprouting your beans, rice, oats, and other grains, you are unlocking tons of frugal nutrition.

You can add beans to soups, chili, pasta sauce, and even make dessert with them without sacrificing taste. Check out my friend Katie's [Everything Beans eCookbook](#) for loads of ideas to nourish your family with beans!

Rice is an excellent source of nutrition, especially when soaked or sprouted, and when added to beans to form a complete protein. Quinoa is a complete protein by itself, and nourishing when soaked. Check out this [delicious chipotle-lime quinoa taco "meat"](#)!

Granola, granola bars, cookies, and a bowl of hearty oatmeal utilize inexpensive oats. Add-ins like nuts, shredded coconut, or dried fruits are completely optional. A little can be added for flavor at minimal cost, depending on your budget.

Potatoes and sweet potatoes are another nourishing, yet frugal, way to bulk up your meals. Add a healthy fat, like butter, to your potatoes to keep blood sugars stable and increase nutrition.

10. Use Sourdough!

With this one, simple staple, you can create all the baked goods your family will ever need and never have to buy muffins, tortillas, crackers, or loaves of bread again! This is one tip I recommend for saving



money AND filling hungry tummies with nourishing foods.

Making all these baked goods doesn't have to rule your life, either. To quickly begin saving money, choose the item you buy most often from the store — such as bread or English muffins— and learn how to make that with your sourdough starter first. As time allows, you will slowly replace the other store-bought items with your homemade versions!

Our Sourdough A to Z eCourse and Einkorn Baking eCourse will teach you everything you need to know. (Or you can check out our stand-alone eBooks.)

11. Mill Your Own Flour

If you do a lot of baking and/or you want to store grains or flour in sufficient quantity to last awhile, your budget and your pantry will thank you for purchasing the whole grains and milling the flour as needed.

The grains are cheaper than the flour and the grains store much better than flour does. In addition, if you are using ancient grains such as einkorn or spelt, or baking gluten-free, you'll find even more cost savings by milling the grains yourself over purchasing flour.

I recommend the Mockmill home stone grain mill as an affordable home stone grain mill. Stone milling is preferable to other forms of milling for nutrition and fineness of flour. I love using mine for healthy flour on-demand. They have two models — the 100 and 200. The only difference is the 200 mills faster, which is great if you have a very large family or a commercial operation. For most homes, the 100 is just fine (it's what I have). Either mill also comes in wood housing, which extends the warranty (but the mill inside is the same).

You can get 5% OFF any Mockmill at this link: TradCookSchool.com/mockmill (the discount is automatically applied at checkout). Plus I'll throw in a bonus 2 eBook packages after your purchase. Claim your bonuses from me here: TradCookSchool.com/millbonus.

12. Look For Deals On Proper Kitchen Tools

I know you're on a budget, so telling you to invest money in something like the Mockmill (above) might seem a bit nonsensical... But trust me on this, having the proper kitchen equipment to store, prepare, and cook your family's meals will save you money and sanity!

You can't make large batches of anything without the right size stock pots and baking pans. Consider how much easier your life might be if you had more than one slow cooker. One for perpetual stock and one for the roast you're serving for dinner. Or better yet, get an Instant Pot because it will do slow-cooking, pressure cooking, and more — I recommend the 8 quart Instant Pot Duo Evo Plus. It's the perfect size for a large family and has a yogurt feature. And if you're going to be purchasing perishable items in bulk, a second fridge and/or freezer is essential.

Don't rush out and buy these items brand-new! Check thrift stores, garage sales, and Craigslist to find like-new items at significantly reduced prices.



13. Get Creative with Your Budget!

If affording healthy, nourishing foods for your family means you have to increase your budget, but that has seemed impossible before, it's time to think outside the box! With a little creativity, it is likely that you can find a few extra dollars for your food budget, if you're willing to make some sacrifices in other areas of your life.

Ideas include:

- ▶ Cancelling cable or satellite TV (approximate savings: \$50 to \$80 dollars per month)
- ▶ Making your own personal care products, such as deodorant, toothpaste, and mouthwash
- ▶ Using cloth napkins and real dishes instead of disposable plates and paper towels
- ▶ Buying deeply discounted or used clothing from thrift stores or consignment stores
- ▶ Looking for opportunities to barter and trade with friends, neighbors, or local growers
- ▶ Save money on gas by combining errands into fewer trips out
- ▶ Skipping one meal out per month could pay for your membership in [Traditional Cooking School](#) to get access to our online community and all our step-by-step cooking demos and tutorials



14. Choose Less Expensive Snacks

Snacks is one of the big things where families struggle to provide healthy, yummy options that don't break the bank. Here's where tip #1 to plan out your menu (including snacks) will help, but I also want to give you additional tips here.

First, don't buy processed snack foods. If they are in the house, they'll get eaten and then begging commences to replace them. Your family needs to learn to develop the habit of eating healthier, less expensive snacks like homemade yogurt, homemade jerky, homemade popcorn, homemade Larabars, hard-boiled eggs, veggie sticks with homemade hummus or ranch dressing. All of these recipes are either on the blog, or coming up in a future lesson!

Again, what you offer depends on what you find local or affordable in your area. I'd love to hear what options work best for your family!

15. Go Through Your Pantry Periodically

Every so often, like quarterly or at least once or twice yearly, go through your pantry to identify foods you haven't touched in awhile that might be expiring soon



or you just have a lot of. Instead of buying more food, try to use those up. Then use the money you save to stock up on the foods you need to replenish. Seasons and tastes change, right? Our pantries reflect these seasons, so it only makes sense that we get in there every so often to adjust and take stock!

16. Boost Nutrition Of Cheaper Quality Foods

Did you know that you can buy cheap, less nutritious foods but maximize their nutrition via traditional preparation methods? For instance, if you can't afford raw milk in your area, buy pasteurized whole milk from the grocery store and culture it into probiotic yogurt or kefir before consuming. Or, buy cheap whole wheat flour and use your sourdough starter to turn it into more nutritious and digestible baked goods like English muffins, sandwich bread, or chapatis.

17. Keep It Simple!

Keep your menu, meal prep, meals, and pantry simple with only one or two foods for most categories. The less variety, the less money you'll spend and the less space you'll need to store it and also the more likely you'll eat it rather than it getting lost!

Long-Term Storage Methods

Though this can't be an exhaustive resource, here are a few storage techniques to keep food viable longer term. The main enemies of food storage are: oxygen, moisture, light, temperature fluctuations, and critters. The following methods are more ideally suited to dry foods rather than liquids or fats.

5-Gallon Food-Grade Buckets with Gamma Seals

When you add a Gamma seal to a bucket, you make it easy to get in and out of the bucket, and you prevent air and moisture from getting into the bucket. We decided to invest Gamma seals for our food storage. This was an optional step for us because we also used mylar bags and oxygen absorbers (as you'll see below). But we wanted to do it anyway, because we can get in and out of the buckets more easily, plus this gives us the option of not using mylar bags and oxygen absorbers down the road.

Adding the Gamma seals is very simple. However, while some buckets take the lids easily, sometimes you need a rubber mallet to finish the job. Here are some photos of the steps; refer to the instructions provided with your Gamma seals.

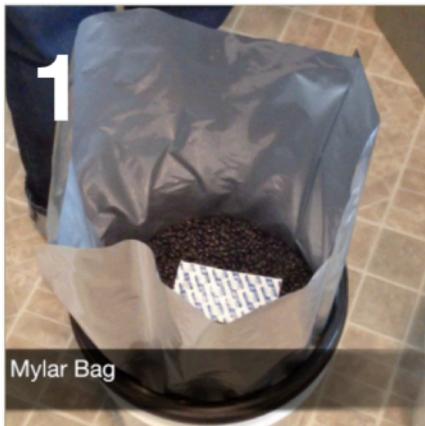


1. Press the Gamma seal outer ring on the rim of the bucket. Use a towel to protect your hands and work your way around the bucket a little at a time.
2. You may need to use a mallet to secure the last bit.
3. Screw on the inner part of the Gamma seal.

5-Gallon Buckets with Mylar Bags and Oxygen Absorbers

Mylar bags and oxygen absorbers help you accomplish a moisture-free and oxygen-free environment for your food storage— provided the foods go in dry, of course. Here are some screenshots from the accompanying video that show the steps — please refer to the accompanying video for a complete demonstration, and below for brief written out steps.

1. Add the oxygen absorber to the mylar-bag filled with food that inside a food-grade bucket.
2. Smooth the top sides of the mylar together and lay them flat over an aluminum carpenter's level, about 3" to 5" from the top.
3. Run a hot iron a few times across 3/4 of the mylar to make a seal.
4. Press and fold the bag to release the air.
5. Flatten the open corner of the mylar and lay it across the level, diagonal to the first seal and with the first seal's end on top of the level.
6. Run a hot iron across the mylar a few times, overlapping the first seal to provide a complete seal.
7. (Not shown) Finish folding the mylar bag into the bucket, then put the lid on the bucket. The oxygen absorber will absorb the rest of the oxygen in the bag; after a few hours, the mylar bag will be oxygen free and shrunk up.



Note: When you open a package of oxygen absorbers, use one immediately and seal up the rest in an air-tight container to prevent them from absorbing oxygen in the air and getting used up prematurely. Preferably, put them in a mason jar and vacuum seal with a jar sealer accessory until needed.

Vacuum Sealed Foods

We have lots of dehydrated fruits, vegetables, cooked rice, and cooked beans in vacuum sealed packages. I have also dehydrated yogurt, eggs, broth, and meats — all stored in vacuum sealed pouches. As long as the foods have no remaining moisture and are sealed without oxygen or moisture, their shelf life should be at least a year. Meats should be fat-free to prevent rancidity.

Finding Your Storage Tools

Looking for sources for seals, buckets, bags, and oxygen absorbers? Here's where I found the best deals.

- ▶ **Food-grade buckets:** Used from local bakeries or other local providers, Home Depot, Lowe's — The Lowe's and Home Depot buckets are food grade, but come without lids. You definitely have to go the Gamma seal route with those! I found bakeries and local sources iffy in my area. They are first come, first served and I couldn't hope to get the quantity I needed in a reasonable amount of time and without lots of extra trips to town to snag them.
- ▶ **Gamma seals:** [USA Emergency Supply](#) or [Azure](#) — with large quantities, USA Emergency Supply is very competitive with Azure pricing, even including shipping. Stay tuned because I'm working on a 5% off coupon for you. (Side note: Azure may be iffy on whether they'll have what you need in stock.)
- ▶ **Mylar bags and oxygen absorbers:** Look for the combo packs of mylar bags plus oxygen absorbers. The absorbers are rated for the size of the bag. I purchased combo packs for my 5-gallon buckets, and I got some 1-gallon size combo packs for smaller quantities of foods that may or may not go in buckets.
- ▶ **Vacuum sealer and jar accessory:** I purchased a FoodSaver with a jar sealer accessory. Mostly, I use the BPA-free plastic rolls for my dried foods. This is because jars are breakable and not so portable. But some foods, like dry herbs and home-rendered fats, I store in vacuum-sealed jars.

Where To Store

Now, the only thing that is left is to find room for it all! This could be a spare room, basement, cellar, pantry, etc... really it depends on what you have available. Rooms with the least temperature fluctuations and generally cool are the best.

Use Your Stored Foods and Replenish As Needed

Once your food is in place, you must purpose to eat out of it and replenish as needed. Eat the oldest items to keep the balance of what's stored as fresh as possible. Replenishing means that you always have the amount you want to keep on hand available!



Wardee's Pantry Tips — The "Ideal" Pantry

[Wardee] Specialty ingredients come and go (like certain cuts of meat) but the staples ... we keep them stocked. So no matter what we're making, it's on hand. Or if we can't make it to the grocery store or farmer's market, we don't go hungry.

This may seem like an expensive proposition (keeping more than a few days' supply of food on hand), but keep these three things in mind:

3. You don't stock up on everything at the same time. You purchase items as you run out of them, and you start out by stocking up a little at time.
4. "Stocking up" doesn't have to mean you're purchasing a whole year's supply of food! The amount could be enough to last a few weeks, a month or a few months. You decide this based on your budget and the space you can devote to your pantry/food storage.
5. If you're able and willing to keep more than a few days' supply of certain food stuffs, it's more likely that you'll find better deals because 1) bulk is often cheaper, and 2) with an ample supply, you have more leeway as to when you can replenish and can therefore wait a bit for a good deal.



Haniya's Pantry Tips — The "On a Budget" Pantry

[Haniya] There are so many healthy pantry items available today — including specialty flours, exotic fruits and allergen alternatives. While it's great to have options, unless you or someone in your family has a food allergy or sensitivity, there's no need for five, six or SEVEN different flours in your pantry!

If you (like me) are trying to keep your groceries within a moderate budget, my biggest tip is: Keep it simple. The less variety, the less money you'll spend ... and the more creative you'll get with making many different dishes out of fewer foods!

If you have a little bit of room in your grocery budget, I also recommend prioritizing certain foods as ones you're willing to spend more money on. For me, this means buying high-quality animal products (dairy, meat, eggs) because environmental toxins accumulate as they ascend the food chain. As a result, animals that eat plants are more toxic than the plants themselves. So it's important to me to spend my extra money on animal products, and perhaps compromise a little on plant-based foods.

A good way to spend less money on fruits and vegetables, yet still minimize pesticides and other chemicals, is to follow the **Dirty Dozen/Clean Fifteen lists**. Every year, the Environmental Working Group publishes lists of the 12 fruits and vegetables most contaminated by pesticides, and the 15 fruits and vegetables least contaminated. If you can't afford all organic produce, at least buy organic anything that falls on the Dirty Dozen list, and buy conventional the rest.

Finally, I try to make as much as I can from scratch to save money. These pantry staples include: yogurt, kefir, jam, applesauce, sprouted spelt, mayonnaise, etc. It's a time commitment, but a great way to stretch my budget!

The Checklists

On the following pages, you'll find our pantry checklists — Wardee's "Ideal" Pantry Checklist and Haniya's "On a Budget" Pantry Checklist.

Wardee's "Ideal" Pantry Checklist

Eggs and Dairy

- Raw, full-fat, cow or goat milk
- Cultured dairy — plain yogurt or kefir with active cultures (or make homemade), sour cream, buttermilk, organic/raw cheese, etc.
- Pastured eggs

Pastured Meats

- Wild salmon, chicken, grass-fed beef, grass-fed lamb, grass-fed goat, wild game, etc.

Grains and Beans

- Pink, black-eyed peas, black turtle, lima bean, Great Northern, kidney, lentil, navy, chili, anasazi, chickpeas/garbanzo, split pea, pinto, mung, etc.
- Whole grain berries or flour — brown rice, spelt, einkorn, quinoa, etc.
- Sprouted flours — sprouted spelt, einkorn or rice flour, etc. (or sprout and mill your own)
- Brown rice pasta — Tinkyada or Jovial brands recommended
- Rolled oats or cracked grains — for porridge

Dried Fruits, Nuts and Seeds

- Apricots, bananas, dates, pineapple, raisins, prunes, papaya, pears, cranberries, currants, etc.
- Raw nuts — almonds, hazelnuts, brazil nuts, cashews, pecans, walnuts, peanut, pine nut, etc. (store cool and dry)
- Raw seeds — sesame, sunflower, poppy, flax, pumpkin, hemp, chia, etc.
- Raw seeds (for sprouting) — red clover, fenugreek, chia, broccoli, radish, etc.

Baking Supplies

- Sourdough starter
- Raw, organic cocoa powder — either Dutch process (low acid) or regular unsweetened (higher acidity) — or raw, organic carob powder
- Non-GMO, aluminum-free baking powder and baking soda
- Arrowroot powder — for thickening
- Extracts — vanilla, almond, mint, hazelnut, etc.
- Pomona's Universal Pectin — for homemade jams and jellies, requires no sweetening to jell and is flexible with natural sweeteners
- Unsweetened shredded coconut — small or medium flake, depending on your desires
- Grain-free flours — almond flour, coconut flour, etc.
- Grass-fed gelatin and collagen (**Perfect Supplements** brand)

Fats, Oils and Vinegars

- Expeller- or cold-pressed veggie oils — extra-virgin olive oil, unrefined coconut oil, palm shortening, avocado oil, sesame oil, etc.
- Grass-fed butter, ghee, tallow or lard
- Raw apple cider vinegar, balsamic vinegar

Canned and Condiments

- Wild-caught red or pink salmon, sardines, etc. packed in water with sea salt (**Vital Choice**)
- Vegetables — pumpkin, sweet potato, roasted bell peppers, tomatoes (diced, sauce, paste), salsa, olives
- Tamari (wheat-free, gluten-free) or soy sauce (low sodium)
- Jams and jellies (fruit-sweetened or naturally sweetened)
- Coconut milk — full-fat — and coconut cream
- Applesauce, pear sauce and other fruit sauces (unsweetened)
- Toasted nut butters — tahini, peanut, almond, cashew, etc. (ingredients list should include only the nuts themselves and salt)
- Ketchup, mustard, mayonnaise (homemade preferred)

Fresh, Frozen Fruits and Vegetables

- In season or what's dried/frozen for later
- Onions, potatoes, sweet potatoes, salad fixings, etc.

Spices, Seasonings and Herbs

- Parsley, dill, mint, basil, bay leaf, oregano, thyme, sage, summer savory, cloves, allspice, cardamom, turmeric, cinnamon, nutmeg, mustard, garlic, onion, curry, cayenne, paprika, etc.
- Sea salt and pepper

Sweeteners

- Liquid — unsulphured molasses, raw honey, maple syrup, coconut syrup
- Dry — Sucanat or Rapadura, coconut/palm sugar, date sugar, evaporated cane juice
- Stevia, liquid or powder (Sweet Leaf brand recommended)

Beverages

- Swiss water process decaf coffee beans or herbal coffee sub made from grains/nuts/herbs/spices
- Herbs for tea — packaged or loose leaf — mint, chamomile, etc.

Haniya's "On a Budget" Pantry Checklist

Eggs and Dairy

- Raw, full-fat, cow milk
- Cultured dairy — plain yogurt or kefir with active cultures (homemade), organic cheese, occasional sour cream, etc.
- Pastured or organic eggs

Pastured Meats

- Wild salmon, organic chicken, pastured pork and (as money allows) grass-fed beef

Grains and Beans

- Lentil, chickpeas/garbanzo and pinto
- Whole grain berries or flour — rice, spelt, quinoa
- Sprouted flours — sprouted spelt (sprouted and milled at home)
- Whole wheat pasta
- Organic popcorn kernels — for popping
- Rolled oats — for porridge

Dried Fruits, Nuts and Seeds

- Raisins, occasional dates
- Almonds, cashews (store cool and dry)
- Chia seeds

Baking Supplies

- Sourdough starter
- Raw, organic cocoa powder — either Dutch process (low acid) or regular unsweetened (higher acidity) — or raw, organic carob powder
- Baking powder and baking soda
- Arrowroot powder — for thickening
- Vanilla extract (homemade)
- Unsweetened shredded coconut — small or medium flake, depending on your desires
- Grass-fed gelatin (Perfect Supplements brand)

Fats, Oils and Vinegars

- Expeller- or cold-pressed veggie oils — unrefined coconut oil, avocado oil, sesame oil, etc.
- Grass-fed butter
- Raw apple cider vinegar, lemon juice

Canned and Condiments

- Wild-caught red or pink salmon packed in water with sea salt (**Vital Choice**)
- Vegetables — pumpkin, tomatoes (diced, sauce, paste), salsa, olives (occasionally)
- Tamari (wheat-free, gluten-free) or soy sauce (low sodium), occasionally
- Homemade jams and jellies (fruit-sweetened or naturally sweetened)
- Full-fat coconut milk, occasionally
- Homemade applesauce, pear sauce, and other fruit sauces (unsweetened)
- Toasted nut butters — tahini, peanut butter. (ingredients list should include only the nuts themselves and salt)
- Homemade ketchup, mustard, mayonnaise

Fresh, Frozen Fruits and Vegetables

- In season or what's dried/frozen for later
- Onions, potatoes, sweet potatoes, salad fixings, etc.

Spices, Seasonings and Herbs

- Parsley, dill, rosemary, cilantro, cumin, basil, oregano, thyme, sage, cloves, turmeric, cinnamon, nutmeg, mustard, garlic, onion, curry, cayenne, paprika, chipotle pepper, etc.
- Sea salt and pepper

Sweeteners

- Liquid — unsulphured molasses, raw honey, maple syrup
- Dry — evaporated cane juice

Beverages

- Organic coffee beans — roasted, ground, and brewed at home, preferably Swiss water process decaf
- Loose-leaf herbs for tea — mint, chamomile, etc.

As mentioned in the webclass, we host periodic Accountability Challenges such as the Traditional Cooking 28-Day Challenge. To find out if enrollment for this or any of our other Challenges is open and/or to find out how to join a Challenge FREE, send me an email or a text message! —Wardee

wardee@traditionalcookingschool.com or 1-317-434-1180

P.S. This document is an excerpt from Lesson 3 of our online class, Fundamentals (of Traditional Cooking) eCourse. You can also inquire about how to take this online class!