

The October Pantry Count

One afternoon. Everything counted. Four numbers.

Count the shelves once, while preserving season is just over and the count is still true. Don't tidy as you go — record, don't organise. One pass, start at one end, then work out the four numbers below. They change what you cook all winter.

COUNT IT IN THIS ORDER — ONE PASS

SHELF	HOW TO COUNT IT
Home-canned	By type and jar count — “22 qt tomatoes, 9 pt beans”
Dry goods	By weight or container — “about 20 lb rice” is precise enough
Frozen	By category, not by package — “chicken: about 8 birds”
Root cellar	By crate or rough weight — and note the condition
Bought staples	Coffee, oil, salt, vinegar — whatever stops the kitchen if it runs out

The four numbers

- Weeks of each staple — quantity ÷ weekly use. Not “a lot of rice”: “rice, eleven weeks.”
- What you have too much of — and stop making it next year
- What runs out by February — buy it now, while it's in season and cheap
- The oldest thing on the shelf — that's where this winter's eating starts

THE COUNT — OCTOBER _____

ITEM	SHELF	COUNT / AMOUNT	PACKED OR BOUGHT	WEEKLY USE	WEEKS LEFT