

PANTRY LABELS & LAYOUT[®]

(Print out this document, cut out each label and use them to design your pantry. These labels can be used for a general pantry layout that doesn't require a rotation arrangement. When a 4-day rotation is chosen, just add the day labels on appropriate shelves as shown in design layout below.)

CEREAL-CRACKER
FLOUR-GRAIN
FRUIT-JUICE-OIL-VINEGAR-SUGAR
MEAT-NUT-SOUP-VEGETABLE
MISCELLANEOUS
DAYS 1
DAY 2
DAY 3
DAY 4

Pantry Shelf Layout for Food Rotation

This simple layout will give you one example of how to design your pantry for a 4-day rotation. Each day (including miscellaneous) represents a shelf to position food items, etc. on rotation. Feel free to be creative and design your own layout that fits your space and preferences.

DAY	Cereal-Crackers	Flour-Grain	Fruit-Juice-Oil-Vinegar-Sugar	Meat-Nut-Soup-Vegetable
Day 1				
Day 2				
Day 3				
Day 4				
Miscellaneous				

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When filling your pantry, refrigerator, and freezer, consider the following—

Basic Pantry Principles:

- 1-Eat Whole Foods
- 2-Make Quality Living One of Life's Primary Goals
- 3-Beware of Those Products That My Hurt and Not Help
- 4-Practice Moderation and Self-Control
- 5-Choose a Dietary/eating Pattern That Fits Your Specific Nutritional/metabolic Needs