



TINY FARM BIG FAMILY

STOCKTOBER

PREPARING YOUR PANTRY FOR WINTER

Take Stock of Your Pantry!

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- Before buying new items, check what you already have:
 - Organize and rotate your pantry.
 - Check expiration dates on canned goods and dry staples.
 - List out gaps to avoid overbuying or understocking.
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Plan Your Winter Meals

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- Think of hearty, filling meals that your family enjoys:
 - Soups and Stews
 - Casseroles and One-Pot Meals
 - Bread, Biscuits, and Baking Staples
 - Make a meal list and break down the essential ingredients.
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Preserve the Harvest

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- Preserving your garden bounty ensures you'll enjoy summer flavors all winter:
 - Canning: Tomatoes, applesauce, jams, pickles
 - Freezing: Corn, peas, green beans, berries
 - Dehydrating: Vegetables, fruits, herbs
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Bulk Up on Pantry Staples

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- Stock up on non-perishables that will serve as meal foundations:
 - Grains: Rice, oats, flour, quinoa
 - Beans and Lentils: Great for soups and side dishes
 - Nuts and Seeds: Snack and baking essentials
 - Spices: Cinnamon, garlic powder, thyme, cumin
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Stock Sustainable Proteins

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- If you raise animals or buy in bulk, fill your freezer with proteins:
 - Whole chickens and pork cuts
 - Sausages and homemade bacon
 - Vacuum-seal meats for freshness
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Baking Essentials for Winter

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- Stock up for scratch baking and holiday treats:
 - Flour: Bread flour, all-purpose, whole wheat
 - Sugars: Brown, white, molasses, powdered
 - Baking Staples: Yeast, baking powder, vanilla extract
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Organize Your Pantry and Freezer

7

- Keep things tidy and easy to access:
 - Label all your preserves and frozen meals.
 - Store in bins for quick access to staples.
 - Rotate stock—use older items first.
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Keep It Fun!

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- Stocking up for winter doesn't have to feel like a chore!
 - Enjoy the satisfaction of having your pantry full of wholesome, homemade goods.
 - Celebrate your hard work and share tips with friends and family!
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