

---

## Empty the Pantry

Posted by michelle.house - 2008/01/15 13:41

---

Don't go shopping just because it's a weekly habit! Take a good look at what is in your pantry before you go and plan some meals. Challenge yourself and your family to come up with suggestions using only what's in the fridge and pantry. I'm in the habit of shopping every week, but the last week of the month I now stretch out, sometimes not having to go to the shop at all!

=====

## Re:Empty the Pantry

Posted by Sharon Andersen - 2008/01/16 08:26

---

Great idea especially around this time when the pantry was well stocked before Christmas. Do the same with the freezer in the fridge and then defrost it ready for the start of the school year and "normal" routines after the summer break.

=====