

Back to Basics Bulletin

Prepared in Heart and Home

September: Pantry Foundations

Theme: Start Strong—Build the Basics, One Shelf at a Time

Goal: Lay the groundwork with simple, budget-aware pantry prep rooted in biblical self-reliance and daily stewardship.

Monthly Focus: Pantry Foundations- A home-centered storehouse begins with the everyday pantry. This month, we're focusing on dry staples you already use—flour, sugar, beans, rice, salt, oats, and shelf-stable baking items. The goal is simple: start where you are and grow with intention.

3-Tier Budgeting Pathway

Tier 1 – Getting Started

- Choose 3 staples your family uses weekly (e.g., rice, flour, oats).
- Watch weekly flyers for sales and buy one extra item per trip.
- Store extras in labeled bins, baskets, or reused jars.

Tier 2 – Pantry Stretch

- Create a 2-week shelf-stable meal plan using canned and dry goods.
- Stock 3 months' worth of your "Top 10" pantry staples.
- Add a few #10 cans or bulk grains to stretch longer.

Tier 3 – Prepared & Practical

- Buy 25-50 lb bags of rice, beans, flour, sugar, oats.
- Store in food-grade buckets with oxygen absorbers or Mylar bags.
- Create a pantry shelf inventory list—rotate stock quarterly.

 **Market Note:** This is a great month for dry good sales as fall baking season starts. Look for: flour, canned pumpkin, oats, sugar, baking soda, evaporated milk.

Tool or Skill of the Month: Gamma Lids and Buckets

Standard bucket lids require a pry tool and are hard to reseal. Gamma lids screw on/off easily, making bulk storage far more accessible.

- ✓ Use with 3.5- or 5-gallon food-grade buckets
- ✓ Perfect for flour, oats, sugar, beans, rice
- ✓ Store in cool, dark areas off concrete (use 2x4 boards underneath)

👉 **Bonus Skill:** Label each bucket with date filled and contents using masking tape or paint pens.

QR code and linked text links to a 3-pack Gamma lid example.



Preserve & Store

Keep pantry staples fresh longer by breaking large bags into smaller portions:

- Use glass jars for beans, grains, or pasta (vacuum seal if possible).
- Store flour and rice with bay leaves or oxygen absorbers.
- Freeze flour, oats, and rice for 3 days before transferring to jars or bins to kill any potential bugs.

Dear Homemaker,

A well-stocked pantry is less about fear and more about foresight. Begin not with panic, but with purpose. Store what your family eats—flour, rice, oats, beans—and do it gradually. Buy an extra bag here, a can there. Label what you store and rotate regularly. A tidy pantry brings peace of mind, much like a well-set table. It says, “We are prepared, not panicked.” And when uncertainty knocks, you’ll be able to answer with confidence—and perhaps a warm bowl of soup.

Begin with a list of your family’s most-used staples. Aim to stock at least three meals you can make from shelf-stable items. Store grains and flour in airtight containers or food-grade buckets—gamma lids are a lady’s best friend when lifting lids gets tiresome. Use masking tape to label contents and dates. And remember, your pantry isn’t a museum—use what you store, and store what you use.

Yours in readiness,
A Friend in the Storehouse

Smart Shelf Tip: Hidden Storage Spaces

- Slide canned goods into under-bed bins or stack cases in closets
- Use bookshelves with curtains as covered pantry shelves
- Add a “grab first” shelf in your pantry for expiring items



If you are prepared, you don't need to fear.

Challenge of the Month - 2 Week Pantry Meal Plan

- List 7 dinner meals your family already eats with dry/canned ingredients
- Buy enough ingredients to make each twice over the next 2 weeks
- Keep the recipes in a binder labeled “Emergency Meals”



Check out this QR code
for a sample 2 week meal
plan



Sneak Peek at Next Month

Next month we’ll turn our hearts toward warmth and light—how to keep the home steady and glowing when the power goes out.

To get a head start, begin saving

- toilet paper rolls
- cardboard egg cartons
- dryer lint