

— #STEPHING *challenge* —



WEEK ONE PANTRY

I am so excited to bring you the very first week of the #STEPHING Challenge! This week we will be tackling the pantry! Make sure you share your progress each week and tag me on Instagram! One person will win a \$50 Little Label Co Voucher every single week! Make sure you share your before and afters and using the hashtag #stephingchallenge to win!

Lets get into it!

Why organise your pantry?

There are soo many reasons why having an organised pantry will save you time, money and your sanity! BY having an organised pantry you will know exactly where products are, which in turn will save you running to the shops, and buying the items you already own. I'm sure many of us have done a pantry clean-up to find 20 cans of tuna and 5 packs of bi-carb. The back of the pantry can be so full of expired food products and overtime this waste adds up!

Where to start?

This doesn't have to be overwhelming! Take it step by step!

Steph Pase



STEP ONE - *cull*



Firstly, take out everything (and I mean EVERYTHING) in your pantry and discard anything that is expired (you will be shocked how much is out of date). Seeing it all in front of you will also make you realise what products you tend to buy and not use.

STEP TWO - *categorise*



Sort it into the following categories:

- CANS
- CONDIMENTS
- OILS/ VINEGARS
- SNACKS
- KIDS SNACKS BAKING
- SWEETS
- MEAL KITS
- RECIPE BASES/ SAUCES
- PASTA
- DRY GOODS (OATS, GRANOLA, PASTA, CEREALS)

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STEP THREE - *measure + plan*

Once you have your categories it time to measure you space (keep these measurements on hand when shopping for storage). And then it's time to choose your storage solutions...

CONDIMENTS, SPREADS + OILS/ VINEGARS

These can be hard to store, they tend to take up a lot of space and get lost up the back of the pantry. Next thing you know you own 6 bottles of olive oil. The best way to store these are on in lazy Susan. I separate mine into a lazy Susan for sauces and then another for spreads. I have my oil in pourer glass bottles displayed on a spice shelf. This is another option but depends on your pantry dimensions.

WHAT TO STORE IN TUBS/ BASKETS?

The following pantry categories are perfect to store in baskets and tubs. This keeps everything together and you know exactly where to look!

SNACKS
KIDS SNACKS
BAKING
SWEETS
MEAL KITS
RECIPE BASES/ SAUCES
PASTA
DRY GOODS (OATS, GRANOLA, PASTA, CEREALS)
PARTY GOODS

STEP FOUR - *organise*

THE BEST BASKETS/TUBS FOR NARROW PANTRIES

Now narrow pantries don't have to be difficult! You need to think LONG & NARROW when buying storage for this type of pantry. You want to use up that valuable space at the back to get full use of the space. Usually people will buy any tubs and then lose all the space behind it. There are tonnes of tubs that are compartmented and long, and the ones with handles are even better! Lazy Susans are good to store in corner cupboards if you don't have enough room for one in your pantry. Also utilise two-tiered lazy Susans- then have two levels for spices, oils and spreads.

These are my favourite products for a narrow pantry:

Steph Puse



KMART



BEST TUBS FOR LARGER PANTRIES

If you have a larger pantry you can really style it how you like! Whether you'd prefer baskets or plain tubs from IKEA or Kmart. Here are my favourite tubs and baskets for larger pantries:



KMART



IKEA



LITTLE LABEL CO



LITTLE LABEL CO

PANTRY FAQ + *hacks*:

SPACE SAVING HACKS

- By using containers instead of keeping everything in their boxes and packing you will save ALOT of space. Most containers are stackable which means storage will be happening vertically too!
- Buy your chicken/beef stocks in the powdered version instead of the liquid. It lasts longer and you will get a lot more use out of stock powder.
- OILS: Huge bottles of oils and vinegars take up ALOT of room, and if you have a small pantry you really y don't have much space for these. BUT you also want it in easy access. There are two solutions for this:
 1. Store all pics and vinegars in another cupboard in the kitchen
 2. Grab some smaller oil bottles that hold roughly 150-300ml that you can pour and refill with all the oils and vinegars that you own. Then key the rest of them in a random spot in your home that you can go and top them up when needed. Such as storing them in the laundry, broom closet even the garage in a sealed cupboard. Be creative and think outside the box when it comes to saving space.

I HAVE SOME FOOD LEFT IN A PACKET THAT DOESN'T FIT INTO THE CONTAINER

This is where the magical "BACKSTOCK" tub or section comes in handy! Anything that doesn't fit in the containers or any extras you may have that is larger in size such as vinegars cargo in here. This is the place you always check before doing your shopping list to restock your pantry for the week.

WHY CONTAINERS? ARE THEY WORTH THE \$\$\$

Organising your home doesn't have to be expensive! There are so many ways around saving some money when finding storage solutions. You need to look at it as an investment in your home. I do invest in airtight containers because they will last FOREVER and make your food last so much longer. If you spend the time and your budgeted amount of money now you will save so much time and money long term! Here are some tricks below when it comes to saving money while you organise.

EXPIRY DATES?

I get asked quite a lot "how do you know the expiry dates if you put foods into containers?".

The answer is super simple, I write all the use-by dates on the back/bottom of the container in whiteboard marker. So Ince it has been emptied and washed the marker comes right off!

Steph Pase

HOW TO SAVE \$\$\$ WHEN DOING YOUR *pantry*

REPURPOSE WHAT YOU ALREADY HAVE

I know it sounds simple, BUT you will be surprised what random baskets and tubs you have laying around that you never ending up using properly. Kids toy baskets they no longer use. Anything can work

ASK FRIENDS AND FAMILY

Ask people if they have any tubs they no longer use/want. Even hop on Facebook and ask friends you have on there.

RESELLING SITES (FACEBOOK SELL PAGES)

There are literally tonnes of amazing storage solutions being resold online, people who may not need it anymore.

OP SHOPS

Head over to your local op shop and see what they have!

COMPARE PRICES

Before you go and buy from the first shop you see-compare! See the price costs between each store online first. Saving \$2 per item can cut back your total cost in the end!

MEASURE UP YOUR SPACE BEFORE YOU BUY ANYTHING

Now this is probably one of the most important ways to save \$\$\$. Don't go out and buy storage solutions they may not even fit your space! I'm speaking from my own experience with this. Measure your space and make sure the product you are buying will actually fit!

I can't wait to see your progress! Don't forget to tag me and use the hashtag #stephchallenge on Instagram to potentially win a \$50 Little Label Co voucher every week!

Steph Puse xx