DISASTERPREPCALC.COM · FREE PRINTABLE

PANTRY INVENTORY + ROTATION SHEET

Track what you stored, when to eat it, and how many calories you have covered

Daily calorie target per person

Common adult planning figure: about 2,000 calories a day (the FDA Nutrition Facts reference). Kids, teens, heavy work, nursing and cold weather can mean more. Use the calculator for your household.

People: _____ × calories/day: _____ × days: _____ = **total calories:** _____

First in, first out (FIFO) in 5 steps

1. Write the date bought and a use-by date on every can, box and bucket with a marker.
2. New food goes to the back or bottom. Older food moves to the front or top.
3. Eat food from the front, then restock the back.
4. Pull food that is due within 3 months into your normal meals and replace it.
5. Check the shelf every 3 months. Update this sheet as you go.

PANTRY INVENTORY

Item	Qty	Date bought (m/d/y)	Use by	Rotate by	Notes

PANTRY INVENTORY (CONTINUED)

Item	Qty	Date bought (m/d/y)	Use by	Rotate by	Notes

ROTATION NOTES

- "Best by" and "use by" dates on most foods are about quality, not safety, except infant formula. Food kept properly may be safe after the date but can lose flavor and nutrition (USDA FSIS).
- USDA FSIS guidance for shelf-stable canned goods: high-acid foods (tomatoes, fruit, pickles) about 12 to 18 months for best quality; low-acid foods (meat, vegetables, beans) about 2 to 5 years. Never use cans that are bulging, leaking or deeply dented.
- Set your Rotate by date earlier than Use by, for example 3 to 6 months earlier, so you eat it before quality drops.
- Keep food cool, dry and dark, off the floor, in sealed containers away from pests.

Review log. Last full check (m/d/y): _____ Next check: _____ Calorie target met? □ Yes □ No

Sources: USDA Food Safety and Inspection Service, "Shelf-Stable Food Safety" and "Food Product Dating"; FDA, Nutrition Facts label daily value reference (2,000 calories). Dates checked 11/16/2026.

Free from DisasterPrepCalc.com. Online version and calculators: disasterprepcalc.com/calculators/food-storage-calculator · General information, not professional emergency, medical or legal advice.