

# Game Plan: On-Hand List

Shop your own stash first to save money and cut down on food waste. Make a list of the items you already have on hand. Start with your refrigerator (most perishable items), then freezer, and finally shelf-stable items. To save time, skip writing down staple items (condiments, seasonings, etc.), but do make note if you are running low on something.

## 1 Refrigerator

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## 4 Review your on-hand ingredients. Any meals come to mind?

### Need inspiration?

- Plug key ingredients into Google or Pinterest.
- Any culturally-inspired dishes come to mind with ingredients you have on hand?
- Any specific types of meals you can make with your on-hand ingredients?  
—Handhelds, Bowls, One-Pan, or One-Pot
- Check your local store weekly ads for deals before grocery shopping. Any items you can add to your ingredients on hand to round out a meal?