

The Sunday Pantry Reset

& Expiration Label Guide

1. Staple Shelf-Life Quick Reference

Pantry Staple	Unopened	Opened / Decanted
Flour (all-purpose)	1 year	6-8 months, airtight
White rice	2 years	1 year, airtight
Pasta (dry)	2 years	1-2 years, airtight
Sugar (granulated)	2 years	Indefinite, airtight
Cereal	6-8 months	2-3 months, airtight
Dried beans / lentils	2-3 years	1 year, airtight
Ground spices	2-3 years	1-2 years, sealed
Cooking oil	1-2 years	3-6 months after opening
Nuts	1 year (pantry)	3-4 months, airtight
Baking soda / powder	18 months	6 months once opened

2. Category Bin Organizing Layout Map

Group staples by how often you reach for them, not by container type. A simple three-zone layout keeps a reset from sliding back into chaos within a week:

- **Eye-level zone:** daily staples - cereal, snacks, coffee, everyday baking basics.
- **Upper zone:** bulk backstock - spare flour, sugar, canned goods bought in multiples.
- **Lower zone:** heavier or bulkier items - large jars, appliances, bottled drinks.

3. Printable Minimalist Decal Templates

Cut along the borders below and tape or glue to the front of any airtight container. Fill in the blank with a marker so you can update it after every refill.

FLOUR Refilled: _____	SUGAR Refilled: _____
---------------------------------	---------------------------------

RICE Refilled: _____	PASTA Refilled: _____
CEREAL Refilled: _____	OATS Refilled: _____
BEANS Refilled: _____	SNACKS Refilled: _____