

worksheet: take stock of specialty foods

whether it's capers, whole-wheat flour, or apricot-ginger mustard, any ingredient that you don't use on a daily basis can be forgotten in the dark depths of your pantry or cupboard. Make a list of those rarely used products now, and add items to the inventory as you buy them. The list will keep you from buying duplicates and just might spark some creativity, motivating you to whip up something new or a forgotten favorite dish.

	Item Name	Quantity	Purchase Date	Expiration	Recipe Ideas
top shelf	Molasses <i>(example)</i>	1 jar	12/04	12/05	Molasses sweet potatoes
shelf 2					
shelf 3					
bottom shelf					