

1. Date every purchase with a permanent marker on the lid or label as soon as you bring it home.
2. Store newest items behind older items so the FIFO order is enforced by physical placement.
3. Best-by \neq unsafe-after — most pantry staples remain safe far longer than the printed date.
4. Re-inventory every 90 days at a regular interval (set a calendar reminder).
5. Items past best-by but still sealed: smell + visual check before use; discard if any off odor.