

# TRACK-IT !

**Food or Commodities:** \_\_\_\_\_

**Your Storage Program, Where to begin:** We are creatures of habit. Use this calendar to track what you eat, and what supplies you use. After 30 days you'll see patterns emerge, and how many of these products you use monthly. Store what you eat and the supplies you use in the quantities you need. Always rotate the foods you store (First-In, First-Out). It's a good idea to write expiration dates with a marker on canned and packaged products to make them more visible.

[illegible]