A SOULFUL TABLE PRINTABLE WORKBOOK

The Year-Round Table

30 / 90 / 365-Day Household Planner

A gentle, practical path to food security, seasonal growing, nourishing meals and a home that feels prepared.

Grow what you can. Preserve what you harvest. Store what nourishes you. Use what you have. Return what you can to the earth.

This planner is a companion to The Well-Kept Pantry: https://soulfultable.com/the-well-kept-pantry/

Your home, your pace	Fill in before you begin
People in household	_____
Date you start	_____
Food needs and restrictions	_____
Weekly/monthly budget you can comfortably spare	$ _____
Space available	☐ Apartment ☐ Closet ☐ Garage-free cool shelf ☐ Garden ☐ Other
Main priorities	☐ Water ☐ Food ☐ Cooking ☐ Hygiene ☐ Growing ☐ Preservation

The simple progression

FIRST 30 DAYS — Cover immediate needs and build a realistic 14-day foundation.

DAYS 31–90 — Rotate and use food; strengthen nutrition and make a small growing plan.

MONTHS 4–12 — Build repeatable seasonal habits, safer storage and reliable replenishment.

Your household does not need a giant bunker or a perfect garden. Skills, supplies you truly use, and community support can grow gradually.

PHASE 1

Days 1–30 | Begin where you are

The first goal is a calm 72-hour reserve that can be used even if the stove or water service is unavailable. Work toward two weeks if space and budget allow. Water comes first; store at least 1 gallon per person per day for 3 days and consider a 14-day reserve if feasible (CDC).

Week 1 | Take stock and protect water

- ☐ Count household members and note medical, infant, pet and accessibility needs.
- ☐ Identify a cool, dry, pest-resistant shelf. Photograph your existing pantry so you do not buy duplicates.
- ☐ Store drinking water and ready-to-eat foods for at least 72 hours. Label the location.
- ☐ Put a manual can opener, flashlight and accessible first-aid kit near the supplies.

Week 2 | Build a rotating 14-day pantry

- ☐ Choose everyday grains or starches (white rice, certified GF oats, potatoes or equivalent).
- ☐ Add usable proteins (canned beans/lentils, dry beans for normal cooking, shelf-stable tofu if preferred).
- ☐ Add nutrient-diverse vegetables/fruit, dietary fat and a reliable B12 source for vegan households.
- ☐ Check usable cooking fuel, clean water for preparation, salt, soap, and sanitation supplies.

Week 3 | Make the pantry work

- ☐ Prepare two real meals with shelf-stable ingredients; note water, energy and cooking time.
- ☐ Date every shelf and separate near-term rotation from specially packed long-term staples.
- ☐ Record package dates, planned rotation and where everything is stored.
- ☐ Inspect products; never rely on a best-by label alone to judge a damaged can or questionable home preserve.

Week 4 | Learn and test

- ☐ Run a half-day low-energy cooking exercise; keep it safe and realistic.
- ☐ Start a small pot of herbs/greens or test germination on a few saved seeds.
- ☐ Review what was eaten and replace only what you used.
- ☐ Decide whether the next month should focus on nutrition, water, growing, or storage.

PHASE 2

Days 31–90 | Build a dependable routine

A 90-day planning horizon is not a requirement to keep 90 days of water or food in one room. The objective is a 30-day rotating food reserve where feasible, plus a working plan for replenishment, safe water and community support.

Month 2 | Strengthen the everyday food system

- ☐ Check the pantry against actual meals, not lists of foods the household dislikes.
- ☐ Plan an adaptable breakfast, lunch and supper using a grain/starch, protein, vegetables or fruit and fat.
- ☐ Add a few no-cook items for days when cooking is impossible.
- ☐ Practice a one-pot, low-fuel meal; avoid assuming dry beans can be eaten uncooked.
- ☐ Set a weekly 10-minute pantry review and a monthly inventory reminder.

Month 3 | Begin one growing and preservation skill

- ☐ Choose a low-cost planting project that matches available light, space and climate.
- ☐ If indoors, start with herbs or lettuce; count electricity, clean water and nutrient solution if hydroponic.
- ☐ If outdoors, plan practical food crops suited to your climate and space (beans, potatoes, carrots, squash or greens).
- ☐ Learn one research-tested preservation method before buying equipment.
- ☐ Name at least one source of community support: extension office, garden, tool library or neighbor.

Three decisions at day 90

Decision	Your answer
What did we consistently eat?	_____
Which purchases or tools actually helped?	_____
What went to waste or cost too much?	_____
What is our next most useful skill?	_____

PHASE 3

Months 4–12 | Live the four seasons

Choose the season that matches your location. Month numbers below describe progress after starting, not a planting-date prescription. Frost dates, climate, housing and available light determine when crops can be grown.

Milestone	Practical household project	Done
Month 4	Choose one reliable seasonal ingredient; track where it comes from, the price and how you use it.	☐
Month 5	Make one crop/seed or container-garden plan; check local extension planting guidance.	☐
Month 6	Log harvest or purchased-seasonal produce; start a fresh-use/rotation record.	☐
Month 7	Practice safe freezing or dehydration with one food; log actual shelf/freezer space.	☐
Month 8	Evaluate a root/squash storage option, or choose an apartment-friendly equivalent.	☐
Month 9	Prepare a winter pantry meal plan and check safe water/heat/cooking backups.	☐
Month 10	Test indoor greens or revisit outdoor crop plans for the coming season.	☐
Month 11	Refresh household hygiene, medical-use and equipment checks; replace expired items.	☐
Month 12	Audit food use, financial costs and household confidence; build next year's plan.	☐

Four seasonal habits to repeat

Spring	Summer	Autumn	Winter
Test seed; plan beds; plant cool-season crops	Harvest; rotate; prepare preservation	Store roots safely; inventory; preserve harvest	Use pantry meals; grow greens indoors; plan spring
Review pantry and budget	Manage water and growing supplies	Review safe preservation recipes	Refresh water and backup cooking plans

SHOP WITH PURPOSE

What to buy first when funds are limited

Always begin with needs you cannot substitute—particularly potable water and any prescribed household-specific supplies. For affordable food, prioritize food you will use and can safely prepare. The list below is flexible, not a complete or universally adequate diet.

Need	Good starting choices	Why it matters
Water	Commercial drinking water; safe food-grade storage	Most immediate requirement during an outage.
Protein + fiber	Canned beans/lentils; dry beans where cooking is reliable	Affordable, satisfying and versatile.
Calories + fuel for daily life	White rice, gluten-free oats or potatoes	Repeatable breakfasts and main dishes.
Dietary fat	Small bottles of cooking oil; seed or nut butter	Energy density and essential fatty acids; rotate within shelf life.
Vitamins/minerals	Canned vegetables/fruit; fortified shelf-stable soy milk	Variety; check ingredients and dates. Vegan B12 requires reliable fortified foods or supplements.

If you can only purchase five grocery categories today, water comes first; after that, choose one ready-to-eat protein, a familiar grain/starch, a source of fat, and nutrient-diverse produce or fortified food. Expand the basket over later trips.

Five-minute shelf check before every shopping trip

- ☐ Use an item already in the pantry before it sits too long.
- ☐ Check cooking water, fuel, space and package condition before buying a bulk bag.
- ☐ Replace the food that the household actually consumed.
- ☐ Buy smaller packages of oils, nuts, vitamins and hygiene goods; rotate before quality deteriorates.

Pantry plate template

Pair a starch/grain with a legume or other protein, vegetable or fruit, a meaningful source of fat and safe water. Examples: rice + canned black beans + tomatoes + pumpkin seeds; gluten-free oats + fortified soy beverage + fruit + walnuts; lentil soup + potatoes + a side of vegetables. Adjust for allergies, appetite, energy and special dietary needs.

SAFETY BEFORE SHELF LIFE

Storage, dates and the limits of a label

Question	The safer decision
Can a food be used after “best if used by”?	Often the phrase concerns quality, not an automatic safety deadline. Consider intact packaging, storage history and the specific product.
What about infant formula?	Never use infant formula after its marked use-by date.
Which foods are truly five-year candidates?	Only properly packaged, low-fat, low-moisture dry foods or manufacturer-rated commercial long-life products; original grocery bags rarely qualify.
Can I can garden vegetables in a boiling-water pot or Instant Pot?	No. Low-acid vegetables require research-tested pressure-canning procedures using appropriate pressure canning equipment.
Can I grow all my calories indoors?	Indoor herbs/lettuce improve variety. They are not a practical replacement for calorie-rich staples.
What about water for 90 or 365 days?	Plan replenishment, safe storage and verified treatment alongside a practical immediate reserve; do not assume that a filter removes every hazard.

Do not taste suspicious home-canned food. Discard bulging, leaking, severely damaged, spurting or unusually odorous containers safely. Temperature abuse can make some food unsafe despite a normal smell. Follow current CDC, USDA, and National Center for Home Food Preservation instructions.

Household reserve worksheet

Item	Have	Need / target	Stored where	Rotate / inspect
Water	_____	_____	_____	_____
Ready-to-eat meals	_____	_____	_____	_____
Protein staples	_____	_____	_____	_____
Grains / starches	_____	_____	_____	_____
Vegetables / fruit	_____	_____	_____	_____
Fats / fortified foods	_____	_____	_____	_____
Bathroom / cleaning	_____	_____	_____	_____

YOUR OWN NUMBERS

Water, food and budget planning pages

CDC emergency-water starting point: 1 gallon × people × days. The following calculator is a planning reference for short emergency storage. Longer horizons require a dependable replenishment and treatment strategy, not simply storing the mathematical total.

Household	3 days	14 days
1 person	3 gallons	14 gallons
2 people	6 gallons	28 gallons
4 people	12 gallons	56 gallons
Your household	_____	_____

Food use and shopping budget

What to record	Write your actual household data
People and dietary considerations	_____
Meals eaten at home per day	_____
Food currently on hand (estimated days)	_____
Weekly budget you can afford	_____
Top two foods you run out of	_____
Next safe purchase	_____

One-week pantry meal rehearsal

Day	Easy breakfast	Main meal	Needs replacing
1	_____	_____	_____
2	_____	_____	_____
3	_____	_____	_____
4	_____	_____	_____
5	_____	_____	_____
6	_____	_____	_____
7	_____	_____	_____

GROW WHAT YOU CAN

A small, honest growing plan

Calorie-dense harvests usually come from outdoor crops suited to local space and growing conditions. Indoor hydroponics is especially helpful for leafy greens and herbs; it needs reliable light, water, plant nutrients and cleanliness. Avoid spending heavily before testing one crop.

Seed-and-growing priorities

- ☐ Choose two crops your household already enjoys and that suit local growing conditions.
- ☐ Save seeds only from appropriate untreated garden crops; date and store cool and dry.
- ☐ Test an older seed packet with ten seeds before relying on germination.
- ☐ For hydroponics: use a food-safe opaque container, proper nutrient solution, net pot/medium and sufficient LED light.
- ☐ Track real cost of water, electricity, nutrients, seed and supplies; compare with the food harvested.

Plant	Outdoor / indoor	Seed date	First harvest	Lessons learned
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Harvest / preservation decision log

Food	Amount	Use now / store	Safe method / source	Review date
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

For canning, look up current processing instructions for the exact food, recipe, jar size, and altitude. Never improvise with low-acid vegetables.

RETURN TO THE TABLE

Your annual review & reliable resources

At the end of the year, ask:

- ☐ Can we prepare several satisfying meals from stored foods without an extra grocery trip?
- ☐ Which purchases were genuinely used, and which products expired or spoiled?
- ☐ Do we have an appropriate plan for safe water, heat and cooking if utilities stop?
- ☐ Did growing or preserving produce more value than it cost in money, labor and attention?
- ☐ Are our medical, personal care, hygiene and household supplies adequately rotated?
- ☐ Who can we share tools, knowledge, seeds or surplus food with?

Source notes for safe decisions

CDC — Create and store an emergency water supply: https://www.cdc.gov/water-emergency/about/how-to-create-and-store-an-emergency-water-supply.html

USDA FSIS — Food product dating: https://ask.fsis.usda.gov/article/Is-food-product-dating-required-by-federal-law

CDC — Home canning and botulism: https://www.cdc.gov/botulism/prevention/home-canned-foods.html

National Center for Home Food Preservation — Recommended canners: https://nchfp.uga.edu/how/can/general-information/recommended-canners/

University of Minnesota Extension — Small-scale hydroponics: https://extension.umn.edu/yard-and-garden-news/small-scale-hydroponics

Utah State University Extension — Storing white rice: https://extension.usu.edu/preserve-the-harvest/research/storing-white-rice

NIH Office of Dietary Supplements — Vitamin B12: https://ods.od.nih.gov/factsheets/VitaminB12-Consumer/

The Well-Kept Pantry article: https://soulfultable.com/the-well-kept-pantry/

The Year-Round Table is a learning tool. Replace product-specific, medical and agricultural advice with current professional or official guidance when your circumstances require it.

A well-kept home is built by useful little choices, repeated with care.