



Fridge Inventory

Fresh Veggies:

Item | Quantity | Date Stored | Notes

Fresh Fruits:

Item | Quantity | Date Stored | Notes

Dairy & Eggs:

Item | Quantity | Date Stored | Notes

Fridge Inventory

Cooked Meals / Leftovers:

Item | Quantity | Date Stored | Notes

Condiments & Sauces:

Item | Quantity | Date Stored | Notes

Deli Meat

Item | Quantity | Date Stored | Notes

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Freezer Inventory

Packaged Fruit & Veggies:

Item | Quantity | Date Stored | Notes

Ground Beef, Beef, Seafood, Chicken, Pork:

Item | Quantity | Date Stored | Notes

Prepped Meals or Veggies:

Item | Quantity | Date Stored | Notes

Freezer Inventory

Broths/Sauces/Flavor Cubes:

Item | Quantity | Date Stored | Notes

Frozen Dinners, Pizza, Fish or Chicken Strip:

Item | Quantity | Date Stored | Notes

Broths/Sauces/Flavor Cubes:

Item | Quantity | Date Stored | Notes

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HOW TO KEEP YOUR HOME LOOKING CLEAN

(Without Losing Your Mind)

EVERY DAY

- Make the bed
- Wipe kitchen counters & sink
- Wash dishes or load the dishwasher after each use
- Do a 5-minute tidy in each room
- Take out the trash & recycling
- One load of laundry (if needed)

EVERY WEEK

- Change the bed sheets
- Vacuum & mop floors
- Clean bathroom surfaces & mirrors
- Dust shelves and surfaces
- Wipe down kitchen appliances
- Water the houseplants
- Tidy the hallway/entryway
- Empty trash in all rooms

EVERY MONTH

- Deep clean the fridge & microwave
- Wipe doors, light switches & handles
- Wash cushion covers or throws
- Declutter one area (drawer, shelf, etc.)
- Freshen up with room sprays or diffusers

EVERY SEASON

- Wash windows & window sills
- Rotate & clean seasonal clothing
- Deep clean your wardrobe
- Steam clean carpets & rugs
- Clean outdoor furniture
- Wash curtains/blinds
- Declutter expired pantry or beauty items
- Flip or vacuum your mattress

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Pantry Essentials Checklist

Baking Basics

- Flour
- Baking soda
- Baking powder
- Vanilla extract
- Yeast
- Cornstarch

Canned & Jarred Goods

- Black beans
- Diced tomatoes
- Tomato paste
- Chicken broth
- Peanut butter

Grains & Pasta

- White rice
- Brown rice
- Quinoa
- Rolled oats
- Pasta

Oils, Vinegars & Condiments

- Olive oil
- Avocado oil
- Apple cider vinegar
- Balsamic vinegar
- Soy sauce

Sweeteners & Extras

- Honey
- Maple syrup
- Molasses
- Chocolate chips
- Cocoa powder

Spices & Seasonings

- Salt
- Pepper
- Garlic powder
- Onion powder
- Your custom blends

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Vacuum Sealing Jars

Quick Tips by Lifestyle

Pick the section that fits your season of life.

One method, many benefits.

BEGINNER

New to vacuum sealing? Start here.

Stick with dry goods first—like oats, rice, or coffee beans.

Use wide-mouth jars (they're easier to seal and clean).

A handheld sealer is simple, inexpensive, and great for beginners.

Label every jar with contents + date—future you will thank you.

Practice sealing with pantry items before trying fancy mixes or dehydrated goods.

BUSY MOM

Less mess, more control over snacks and meals.

Pre-portion snacks like trail mix, crackers, or granola into small jars for grab-and-go.

Seal dry mixes (pancake, muffin, hot cocoa) for quicker breakfasts.

Use jars to organize your kids' favorite smoothie add-ins or overnight oats.

Label jars with simple chalk markers—easy to read and wipe off.

Great for storing opened bulk goods without them going stale.

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Vacuum Sealing Jars

Quick Tips by Lifestyle

Preserve freshness, prevent waste, and simplify your storage. Vacuum sealing jars isn't just for homesteaders or long-term preppers—it's for anyone who wants fresher food and a tidier pantry. Whether you're sealing dry goods, dehydrated snacks, or leftovers, here's the lowdown on how and why to do it.

What You'll Need

- Wide-mouth or regular mason jars (Ball or Kerr work great)
- Vacuum sealer with jar attachment (handheld or countertop model)
- Optional: Oxygen absorbers for long-term storage

What You Can Seal

- Nuts, seeds, granola
- Dehydrated fruits or veggies
- Freeze-dried meals
- Coffee, herbs, or teas
- Chocolate chips, coconut flakes
- Dry mixes (pancake, muffin, biscuit)

Note: Not for liquids unless you're flash-freezing first.

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Vacuum Sealing Jars

Quick Tips by Lifestyle

How to Vacuum Seal a Jar

1. Fill the jar with dry goods, leaving at least 1/2 inch of headspace.
2. Place a new lid (or clean reusable lid) on the jar.
3. Attach the jar sealer to your vacuum machine and secure it over the lid.
4. Turn on the machine and let it seal—you'll hear the pressure change.
5. Once done, remove the sealer. The lid should be firmly sealed and slightly concave.
6. Label the jar with the contents and date using a chalk pen or masking tape.

Tried & True Tips

- Always check the seal before storing—press the lid center. If it pops, reseal.
- Store jars in a cool, dark place for best shelf life.
- You can reuse the lids for vacuum sealing (not water bath canning) until the rubber ring wears out.
- Add desiccant packs to jars that hold moisture-sensitive items like crackers or popcorn kernels.
- Keep a small vacuum-sealed jar of snacks in your car or purse—no spills, no spoilage!

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Quick Tips

One method, many benefits.



MEAL PREPPER

Efficiency meets freshness.

- Batch-cook or dehydrate ingredients, then vacuum seal in jars for long-term storage.
- Seal spice blends and dried herbs in half-pint jars to preserve oils and flavors.
- Keep vacuum-sealed proteins or dried beans labeled by week.
- Store a week's worth of snacks in advance (nuts, jerky, dried fruit).
- Pair this method with pantry meal prepping—seal entire meal kits in jars!



COOKING FOR ONE

Minimize waste and maximize flavor.

- Vacuum seal small portions of grains, coffee, or cookies to keep them fresh longer.
- Avoid “mushy produce” by sealing small batches of snacks or dried fruit.
- Seal leftover seasonings, sauces, or rubs in quarter-pint jars.
- Use jars as fridge organizers—you’ll use what you can see.
- Bonus: They stack beautifully in small spaces.

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Essential Seasonings – A Tried & True Guide

Flavor made simple

Keep these on hand, and organize them your way.

Alphabetizing your spices isn't just pretty—it saves time and keeps your favorite flavors at your fingertips. Here's a list of versatile, go-to seasonings that cover almost every recipe, whether you're cooking from scratch or adding a little life to leftovers.



A–Z Seasoning Staples.

(You can highlight your favorites or customize by cuisine!)

- **Allspice** – Warm, clove-like; great in fall baking or meats
- **Basil** – Mild, sweet; perfect for Italian, soups, and sauces
- **Bay Leaves** – Add depth to soups, stews, and broths
- **Cayenne Pepper** – For a kick in chili, tacos, or stir-fry
- **Chili Powder** – Essential for Tex-Mex and taco night
- **Cinnamon** – Sweet or savory; a pantry must
- **Cloves** – Potent and warm; use sparingly in stews and baking
- **Coriander** – Mild citrusy flavor; great with cumin
- **Cumin** – Smoky and earthy; taco and curry favorite
- **Curry Powder** – Blend of spices; warms up soups and chicken

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Essential Seasonings – A Tried & True Guide

Flavor made simple

- **Dill** – Fresh taste for fish, dips, or potato salads
- **Garlic Powder** – Go-to flavor boost for almost anything
- **Ginger (Ground)** – Sweet heat for stir-fries and baking
- **Italian Seasoning** – A ready-made blend for sauces and chicken
- **Nutmeg** – Adds warmth to baked goods or creamy sauces
- **Onion Powder** – Instant onion flavor without the chopping
- **Oregano** – Bold and zesty; perfect for pizza, pasta, and rubs
- **Paprika (Smoked or Sweet)** – Adds color and subtle heat
- **Parsley (Dried)** – Mild and fresh; great garnish and base flavor
- **Rosemary** – Piney and fragrant; lovely with potatoes and lamb
- **Sage** – Earthy; best with poultry, sausage, and fall meals
- **Salt (Kosher, Sea, or Pink)** – Your seasoning foundation
- **Thyme** – Woodsy and flexible; works in everything from roasts to soups
- **Turmeric** – Golden color and earthy taste; anti-inflammatory boost

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