COMPANION GUIDE TO ONLINE TRAINING

Use alongside the online lessons at fortunefavorsthepreparedcom/fod-02-landing/

FOD-02: Food Inventory Management
STUDENT COMPANION GUIDE

Tracking what you store, so a stockpile stays a stockpile instead of quietly becoming a guess.

A companion to the FOD-02 online course, covering food category tracking, quantity planning, rotation, and waste reduction.

7 Lessons | 3 Core Worksheets | Rotation, Audit, and Tracker Templates

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Semper Paratus, Semper Gumby

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FOD-02: Food Inventory Management

Companion Guide to Online Training

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Support the development and availability of these courses by subscribing to my Patreon. This guide pairs with the FOD-02 online lessons at fortunefavorstheprepared.com/fod-02-landing/. It is not a standalone course -- worksheets reference lesson content that is only taught online.

ONLINE TRAINING ACCESS

Visit fortunefavorstheprepared.com and navigate to the FOD-02 Course Map to begin or resume any lesson.

INSTRUCTOR-LED GROUP TRAINING

A MAG or household group leader may work through this course together, using one member's tracker as the shared reference and this guide's worksheets for each participating household's own numbers.

How to Use This Companion Guide

Requires the FOD-02 online lessons. This guide alone does not teach the material -- it condenses it for reference and gives you blank worksheets to fill in as you go.

What This Guide Contains

Part I condenses each lesson into quick-reference tables. Part II holds the blank worksheets and templates referenced throughout the course. Part III is a glossary, quick reference card, and source list.

Required Workflow

1. Complete each online lesson first -- the tables in Part I are recaps, not replacements.
2. Fill in the matching worksheet in Part II immediately after finishing that lesson.
3. Bring your completed Worksheets 1-3 to the Lesson 7 capstone.
4. Revisit Part II worksheets at every audit (Lesson 6) to keep them current.

This guide is not a standalone course. Worksheets assume the corresponding online lesson has already been completed, and contain no instructional explanation on their own.

Guide Map — What to Reference When

When You Need…	Turn To…
A reminder of the four inventory categories	Part I, Chapter 1
Your household's daily calorie target	Part I, Chapter 2 / Worksheet 2
A category's realistic rotation window	Part I, Chapter 3
FIFO layout or labeling reference	Part I, Chapter 4
Tracker field list or the spreadsheet/card comparison	Part I, Chapter 5
An audit checklist or triage steps	Part I, Chapter 6
Your capstone worksheets	Part II, Worksheets 1–3
A term you don't recognize	Part III, Glossary

PART I — QUICK REFERENCE

Reference for Lesson 1: Foundations of Food Inventory

Assumes Lesson 1 is already complete. Condensed reference only.

Category	What It Covers
Staples	Grains, flour, rice, pasta, sugar, cooking oils
Proteins	Canned/dry meat, beans, legumes, dairy

Category	What It Covers
Produce	Freeze-dried, canned, dehydrated fruit/veg
Medical / Hygiene Overlap	OTC medication, first aid, sanitation and hygiene items

Minimum System Requirements

Requirement
Covers all four categories
Records quantity and location
Captures a rotation-relevant date
Low-friction enough to actually maintain

Reference for Lesson 2: Quantity Planning

Assumes Lesson 2 is already complete.

Household Member	Daily Baseline
Children (under 7)	~1,400 calories
Adult -- light activity	~2,000 calories
Adult -- moderate activity	~2,400 calories
Adult -- heavy labor / cold weather	~2,900 calories

Total Need Formula

Total Need (lbs) = [(Adults × Standard/Adult/yr) + (Children × Standard/Child/yr)] × (Months Desired ÷ 12)

Special Diets

Route restricted items to a substitute entirely -- don't just reduce quantity. Maintain dedicated prep equipment for cross-contamination risks (e.g. celiac disease). Record allergies/intolerances as standing tracker data. Group-level medical planning: see MAG-01 (forthcoming).

Reference for Lesson 3: Shelf Life and Rotation Basics

Assumes Lesson 3 is already complete.

Label Wording	What It Means
Best if Used By/Before	Quality estimate, not a safety date
Use By	Quality estimate (legal safety date for infant formula only)
Sell By	Retailer stock rotation instruction, not a consumer deadline

Rotation Windows (Normal Pantry Conditions)

Category	Realistic Window
Cooking oils	1–2 years
Canned goods, high-acid	1–1.5 years
Dry grains & pasta / powdered dairy	1–2 years
Legumes (dry beans)	2–3 years
Canned goods, low-acid	2–5 years
Sugar / honey / salt (sealed)	Indefinite

Commercial Long-Term Cans, Buckets, and MREs

Treat manufacturer shelf-life claims as a ceiling under ideal, unopened conditions. Track sealed and opened dates separately. MREs carry no printed expiration date -- read the Julian production code (YDDD) instead.

Reference for Lesson 4: FIFO Shelf Organization

Assumes Lesson 4 is already complete.

Layout	Best For
Gravity flow rack	Uniform can sizes
Depth-loaded shelf	Any shape/size, requires discipline
Load-left, use-right	Irregular shelving, easy retrofit

Common Mistakes

Mistake
Loading new stock at the front
Overfilling shelves until stock disappears from view
Splitting a category across untracked locations
Skipping the label "for now"

Reference for Lesson 5: Tracking Systems

Assumes Lesson 5 is already complete.

Factor	Spreadsheet / App	Physical Card
Power dependency	Requires device	None
Bulk math	Fast	Manual
Best fit	Quantity & cost planning	Shelf-level checks

Tracker Fields

Field
Category
Item name & quantity
Location
Shelving date
Rotation deadline
Sealed / opened dates (if applicable)
Allergen / dietary flag
Have Stored vs. Need to Purchase

Reference for Lesson 6: Avoiding Waste

Assumes Lesson 6 is already complete.

Audit Cadence

Category Type	Suggested Frequency
Fast-rotating (oils, high-acid canned)	Quarterly
Slow-rotating (low-acid canned, legumes)	Semi-annual / annual
Household ages (children especially)	Recheck with each audit cycle

Triage Order

Step
1. Physically compromised? → Discard
2. Within use timeline? → Use First
3. Meets donation criteria? → Donate
4. Otherwise → Discard

Reference for Lesson 7: Capstone: Build Your Inventory Tracking System

Assumes Lesson 7 is already complete.

Step	Worksheet
Set up your tracker	Worksheet 1: Category Inventory
Calculate your daily calorie requirement	Worksheet 2: Quantity Planning
Set your first rotation schedule	Worksheet 3: Rotation Schedule

PART II — WORKSHEETS

Worksheet 1: Category Inventory

Complete after Lesson 1. List every item you store, by category.

Category	Item	Quantity	Location

Worksheet 2: Quantity Planning & Calorie Calculation

Complete after Lesson 2, using the Personal Preparedness Assessment Workbook for the full calculation.

Household Member	Age / Activity Level	Daily Calorie Baseline

Household Member	Age / Activity Level	Daily Calorie Baseline

Category	Total Need (lbs)	Time Horizon

Rotation Window Reference Sheet

Complete after Lesson 3. Record your own categories and their realistic rotation windows.

Category	Rotation Window	Notes

Category	Rotation Window	Notes

Shelf Layout Planning Sheet

Complete after Lesson 4. Sketch or describe your FIFO layout by storage area.

Storage Area	Layout Type	Notes

Label Template

Complete after Lesson 4. Print or copy onto adhesive labels.

Item	Category	Shelved Date	Rotation Deadline

Shelf Card Template

Complete after Lesson 5. One card per item or shelf zone.

Item	Qty	Location	Shelved	Rotate By	Allergen Flag

Item	Qty	Location	Shelved	Rotate By	Allergen Flag

Worksheet 3: Rotation Schedule

Complete after Lesson 6.

Category	Audit Frequency	Next Audit Date

Audit Checklist

Complete at each scheduled audit.

Audit Step	Done?	Notes

Audit Step	Done?	Notes

Waste-Pattern Log

Complete at each audit. Feed repeated patterns back into your FOD-01/03/04 acquisition planning.

Date	Category / Item	Use First / Donate / Discard	Pattern Noted?

PART III — APPENDIX

Glossary

Term	Definition
FIFO	First In, First Out -- the oldest stock is used first
BLUF	Bottom Line Up Front -- the key takeaway stated before the detail
MAG	Mutual Assistance Group
STATUS	Have Stored ÷ Total Need, as tracked in the Personal Preparedness Assessment Workbook
Total Need	The calculated quantity of a food required for a household over a given time horizon
Julian Date Code	A 4-digit YDDD production code used on MREs in place of a printed expiration date

Quick Reference Card

Topic	Where to Look
Four categories	Part I, Ch. 1
Calorie baselines	Part I, Ch. 2
Rotation windows	Part I, Ch. 3
FIFO layout	Part I, Ch. 4
Tracker fields	Part I, Ch. 5
Audit cadence & triage	Part I, Ch. 6

Reference Sources

Source	Relevance
FFTP Personal Preparedness Assessment Workbook	Quantity planning calculator referenced throughout Lessons 1, 2, and 5

Open item: no additional named doctrinal source documents were supplied for FOD-02 at time of publication. Add citations here as they are confirmed and held on file.