

G'day,

Here is the labelling system I am using to reduce the time I spend in the kitchen.

It takes a few hours to set up, but once it is in place you will get that time back tenfold.

There are a few things you will need in order to make your labels: a colour printer, craft knife, steel ruler, cutting mat and/or paper trimmer, and a laminator.

If you don't have any of these items, ask our forum for help. They will be able to point you in the right direction.

I hope you really enjoy this system.

All the best,

Fiona Lippey

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Here is how to use this file to make your own labels.

Step 1: Print the labels

If you own a colour printer this is really easy. Otherwise, place this file on a thumb drive and take it to your friend's or a printer such as OfficeWorks.

Step 2. Cut out your labels

All the labels have straight edges and all the sheets have cut lines to make life easier for you. I used a trimmer which I bought from OfficeWorks for \$36 a few years ago.

Otherwise, you can cut them up with a craft knife, steel ruler and a cutting mat, or a pair of scissors.

Step 3. Laminate your labels

To help you layout your labels while you are laminating them, we have made a lamination template. The straighter your labels are when you laminate them, the easier they are to trim in Step 4.

If you don't have a laminator, it is cheaper for you to buy one online for \$25 than to pay a print shop to laminate them for you. Print shops will charge you \$50+ per hour to laminate your labels. It's also possible to use an iron with laminating pouches, if you're careful.

Step 4. Trim your labels

Cut your laminated labels to size.

Step 5. Pop them in order

Find yourself a box to store all your labels and index cards.

Step 6. Get out the Blu-tack

Your last job is to attach your labels with Blu Tack.

Category colours

We have made this page so you can see all the categories and their colours in a quick glance.

Categories	Baking	Biscuits
Bread	Cereals	Chocolate
Coffee	Dried Fruit	Flour
Grains	Health Supplements	Legumes
Noodles	Nuts	Pasta
Rice	Salt	Seeds
Sugar	Sweet	Tea

Here is a detailed list of colours, categories and labels.

We have also included at least two blank labels in each category.



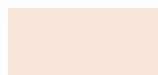
Baking: Agar Agar, Baking Powder, Bicarb Soda, Baker's Yeast, Brewer's Yeast, Coconut Flakes, Cream of Tartar, Custard Powder, Dessiccated Coconut, Gelatine, Guar Gum Powder.



Biscuits: Biscuits GF, Biscuits, Corn Chips, Brown Rice Crackers, Crackers GF, Pappadums, Rice Cakes, Cones.



Bread: Bread, Bread Crumbs, Croutons, Gluten Free Bread, Gluten Free Bread Crumbs, Gluten Free Croutons, Panko Bread Crumbs, Teething Rusks, Wholemeal Bread.



Cereals: Cereal, Cornflakes, Gluten Free Cereal, Gluten Free Muesli, Gluten Free Weet-Bix, Oats, Muesli, Puffed Rice, Weet-Bix.



Chocolate: Cacao, Cacao Nibs, Cocoa, Dark Choc Chips, Dark Choc Melts, Drinking Chocolate, Milk Choc Chips, Milk Choc Melts, White Choc Chips, White Choc Melts.



Coffee: Coffee Beans, Coffee Pods, Decaf Coffee, Ground Coffee, Instant Coffee.



Dried Fruit: Currants, Dates, Dried Apricots, Dried Apples, Dried Mushrooms, Fruit & Nuts, Glace Fruit, Goji Berries, Mixed Fruit, Mixed Peel, Raisins, Sultanas.



Flour: Almond Meal, Bakers Flour, Besan Flour, Brown Rice Flour, Buckwheat Flour, Coconut Flour, Cornflour, Flaxseed Meal, Gluten Free Plain Flour, Gluten Free Self Raising Flour, Glutinous Rice Flour, Linseed Meal, Millet Flour, Polenta, Rice Flour, Self Raising Flour, Semonlina Flour, Soya Flour, Tapioca Starch, Sourgum Flour, Spelt Flour, Wholemeal Plain Flour, Wholemeal Self Raising Flour.



Grains: Amaranth, Barley, Buckwheat, Cous Cous, Millet, Oatmeal, Oats, Pop Corn, Psyllium Husks, Semolina, Spelt, Quinoa, Rolled Oats.



Health Supplements: Gelatine, LSA, Maca Powder, Nutritional Yeast, Protein Powder, Selenium, Slippery Elm Powder, Whey Powder.



Legumes: Black Beans, Black-eyed Peas, Black Lentils, Brown Lentils, Chickpeas, French Lentils, Green Lentils, Kidney Beans, Lupins, Navy Beans, Peanuts, Pinto Beans, Red Lentils, Soup Mix, Soya Beans, Split Peas, Yellow Lentils.



Noodles: Brown Rice Noodle, Egg Noodle, Glass Noodle, Instant Noodles, Noodles, Pad Thai, Vermicilli, Wholegrain Noodle.

Nuts: Almonds, Almond Flakes, Brazil Nuts, Cashews, Hazelnuts, Macadamias, Mixed Nuts, Peanuts, Pecans, Pine Nuts, Pistachios, Raw Cashews, Salted Cashews, Slivered Almonds, Walnuts.

Pasta: Bow Ties, Elbows, Fettuccine, Fusilli, Lasagne Sheets, Macaroni, Pasta, Pasta GF, Penne, Rigatoni, Risoni, Spaghetti, Spaghetti GF, Spirals.

Rice: Arborio Rice, Basmati Rice, Black Rice, Brown Rice, Glutinous Rice, Jasmine Rice, Medium Grain Rice, Rosematta Rice, Short Grain Rice, Sushi Rice, Wild Rice.

Salt: Chicken Stock, Gravy Mix, Meat Stock, Pink Salt, Rock Salt, Salt, Salt Flakes, Sea Salt, Smoked Salt, Stuffing Mix, Vegetable Stock.

Seeds: Chia Seeds, Flaxseed, Hemp Seeds, Linseed, Pumpkin Seeds, Sesame Seeds, Sunflower Seeds.

Sugar: Brown Sugar, Caster Sugar, Coconut Sugar, Demerara Sugar, Icing Mixture, Icing Sugar, Nutrisweet, Sucralose, Stevia, Sugar Cubes, Palm Sugar, Raw Sugar, Vanilla Sugar, White Sugar, Xylitol.

Sweet: 100's & 1000's, Lollies, Marshmallows, Silver Cashews, Sprinkles.

Tea: Black Tea, Chai Tea, Chamomile, Darjeeling, Decaf Tea, Earl Grey, Green Tea, Irish Breakfast, Tea Bags, English Breakfast, Russian Caravan, Peppermint.

Potato Chips

Corn Chips

Biscuits GF

Cones

Crackers

Biscuits

Rice Crackers

**Brown Rice
Crackers**

Crackers GF

Pappadums

Rice Cakes

Pistachio

Pine Nuts

Almond Flakes

Cashews

Hazelnuts

**Slivered
Almonds**

Macadamias

Raw Cashews

Mixed Nuts

Salted Cashews

Peanuts

Brazil Nuts

Pecans

Almonds

Walnuts

Polenta

**Self Raising
Flour**

Besan Flour

Spelt Flour

**Wholemeal
Plain Flour**

**Gluten Free
Plain Flour**

**Wholemeal Self
Raising Flour**

**Gluten Free
Self Raising Flour**

Rice Flour

**Brown Rice
Flour**

**Glutinous
Rice Flour**

Soya Flour

Coconut Flour

Bakers Flour

**Buckwheat
Flour**

Tapioca Starch

Sourghum Flour

Semolina Flour

Almond Meal

Flaxseed Meal

Cornflour

Plain Flour

Linseed Meal

Millet Flour

Lupin Flour

Potato Starch

Raisins

Glacé Fruit

Sultanas

Dates

Mixed Peel

Currants

**Dried
Mushrooms**

Dried Apricots

Mixed Fruit

Prunes

Fruit & Nuts

Soy Crisps

Goji Berries

Banana Chips

Dried Apples

White Sugar

Demerara Sugar

Caster Sugar

Palm Sugar

Nutrisweet

Coconut Sugar

Sucralose

Brown Sugar

Xylitol

Raw Sugar

Stevia

Icing Mixture

Sugar Cubes

Vanilla Sugar

Icing Sugar

Cous Cous

Oats

Barley

Semolina

Buckwheat

Psyllium Husks

Millet

Pop Corn

Oatmeal

Amaranth

Spelt

Quinoa

Rolled Oats

**Milk Choc
Melts**

Cacao

**White Choc
Melts**

Carob Powder

**Drinking
Chocolate**

Cocoa

**Dark Choc
Melts**

Pop Corn

**White Choc
Chips**

Dark Chocolate

**Dark Choc
Chips**

Milk Chocolate

**Milk Choc
Chips**

White Chocolate

Cacao Nibs

**Sunflower
Seeds**

Protein Powder

**Pumpkin
Seeds**

Whey Powder

**Sesame
Seeds**

Maca Powder

Flaxseed

**Slippery Elm
Powder**

Linseed

LSA

Hemp Seeds

**Nutritional
Yeast**

Chia Seeds

Selenium

Gelatine

French Lentils

Split Peas

Red Lentils

Soya Beans

Green Lentils

Peanuts

Yellow Lentils

Black-eyed Pea

Kidney Beans

Pinto Beans

Navy Beans

Soup Mix

Chickpeas

Brown Lentils

Black Beans

Black Lentils

Coconut Flakes

**Dessicated
Coconut**

Bicarb Soda

Baker's Yeast

Baking Powder

Brewer's Yeast

Cream of Tartar

Xanthan Gum

Tartaric Acid

Agar Agar

**Shredded
Coconut**

Gelatine

**Guar Gum
Powder**

Custard Powder

Brown Rice

Black Rice

Glutinous Rice

Rosematta Rice

Wild Rice

Short Grain Rice

Basmati Rice

Arborio Rice

Sushi Rice

Lupins

**Medium Grain
Rice**

Jasmine Rice

Pasta

Spaghetti GF

Fettuccine

Macaroni GF

Spirals

Shells

Penne

Rigatoni

Pasta GF

Bow Ties

Lasagne Sheets

Fusilli

Spaghetti

Elbows

Macaroni

Risoni

Noodles

Glass Noodle

**Instant
Noodles**

Pad Thai

Rice Noodle

Egg Noodle

**Wholegrain
Noodle**

Labels

**Brown Rice
Noodle**

Vermicelli

Rock Salt

Gravy Mix

Salt Flakes

Pink Salt

Sea Salt

Salt

Smoked Salt

Stuffing Mix

Gravy Mix

Chicken Stock

Vegetable Stock

Meat Stock

Lollies

Bread Crumbs

Marshmallows

**Panko Bread
Crumbs**

100's & 1000's

**Gluten Free
Bread Crumbs**

Silver Cashews

Croutons

Sprinkles

**Gluten Free
Croutons**

Teething Rusks

Bread

GF Bread

Muesli

**Gluten Free
Weet-Bix**

**Gluten Free
Muesli**

Cereal

**Gluten Free
Cereal**

Coffee Beans

Puffed Rice

Instant Coffee

Oats

Ground Coffee

Cornflakes

Coffee Pods

Weet-Bix

Decaf Coffee

Black Tea

Irish Breakfast

Green Tea

Chai Tea

Tea Bags

Darjeeling

**English
Breakfast**

Decaf Tea

**Russian
Caravan**

Peppermint

Chamomile

**Wholemeal
Bread**

Earl Grey

Baking

Biscuits

Bread

Cereals

Chocolate

Coffee

Dried Fruit

Flour

Grains

**Health
Supplements**

Legumes

Noodles

Nuts

Pasta

Rice

Salt

Seeds

Sugar

Sweet

Tea

Laminating guide

