

know what you have

Freezer Inventory

Meat & Fish

ITEM	QTY	FROZEN	USE BY	USED
				☐
				☐
				☐

Vegetables & Fruit

ITEM	QTY	FROZEN	USE BY	USED
				☐
				☐
				☐

Ready Meals & Soups

ITEM	QTY	FROZEN	USE BY	USED
				☐
				☐
				☐

Bread & Baking

ITEM	QTY	FROZEN	USE BY	USED
				☐
				☐
				☐

Other

ITEM	QTY	FROZEN	USE BY	USED
				☐
				☐

Tip: put the oldest food at the front, and cross it off here when you use it. Label every bag with what it is and the date.

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