Freezer Inventory

Keep track of frozen foods, portions, and dates at a glance.

DATE CHECKED _____ **FREEZER / LOCATION** _____

MEAT, POULTRY & SEAFOOD

ITEM / DESCRIPTION	QTY	FROZEN ON	USE BY*	USE FIRST
				☐
				☐
				☐
				☐

VEGETABLES & FRUIT

ITEM / DESCRIPTION	QTY	FROZEN ON	USE BY*	USE FIRST
				☐
				☐
				☐
				☐

PREPARED MEALS & LEFTOVERS

ITEM / DESCRIPTION	QTY	FROZEN ON	USE BY*	USE FIRST
				☐
				☐
				☐
				☐

BREAD, BAKED GOODS & OTHER

ITEM / DESCRIPTION	QTY	FROZEN ON	USE BY*	USE FIRST
				☐
				☐
				☐
				☐

USE SOON / FREEZER NOTES

* Use by: your planned use date; follow safe storage guidance for each food.