



Freezer Inventory

Keeping track

A form is great but how to use it is even better. It's nice to know what you have going on in your freezer. It can help you plan grocery shopping, meals, and even last minute treats for guests. You might find it takes a few tries to find the right freezer inventory system for you. Consider this form as a jumping off point.

Clean Out

Start by cleaning out your freezer. You may have old freezer burnt items in there you have no plan to use. Don't hold on to them. Start with a clean slate. This may mean a big thaw but go for it. You will be glad you did.

Organize

Once your freezer is cleaned out you can start putting things back in an organized manner. Even though it may seem small you can still have zones in your freezer where you keep certain items. Meals, vegetables, ice cream.

Take Stock

Now it's time to take inventory of what you have in your freezer. Use the included form to do this. To make it reusable laminate it or put it in a document protector.

On Going

Keep your form up to date. Every time you do a big shop or every few months print off a new form and update what you have in your freezer.





Freezer Inventory

Meats	Produce
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Breads	Meals
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Treats	Miscellaneous
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