

Fridge & Freezer Inventory

Week of: _____

Write it down when it goes in. Cross it off when it's gone. Eat what's closest to its date first.

FRIDGE

Item	Qty	Date in	Use by	Used

FREEZER

Item	Qty	Date in	Use by	Used

Pantry Inventory

Week of: _____

Shelf-stable food. Note the best-by date and when you opened it.

PANTRY

Item	Qty	Opened	Best by	Used

QUICK REFERENCE: FRIDGE TIMES

Cooked leftovers, soups, stews	3–4 days	Cooked meat or poultry	3–4 days
Raw chicken, turkey, ground meat	1–2 days	Raw steaks, chops, roasts	3–5 days
Raw eggs in the shell	3–5 weeks	Hot dogs, opened package	1 week
Lunch meat, opened package	3–5 days	Perishables left out	2 hrs (1 hr above 90°F)