FREE PRINTABLE

Kitchen Inventory

Use it up before you shop

Take five minutes to check the fridge, freezer and pantry before you write the grocery list. Plan the first dinners of the week around the Eat First list.

1 Eat first

WHAT NEEDS USING UP	USE BY	THE PLAN FOR IT

Leftovers, opened packages, soft produce and anything close to its date go here.

2 In the fridge

ITEM	OPENED OR BOUGHT

3 In the pantry

ITEM	HOW MUCH IS LEFT

Put older food in front. When you unpack groceries, move what you already have forward and put the new behind it.

Freezer inventory

WHAT IT IS	PORTIONS	DATE FROZEN	USE BY	USED
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Label every package with the name and date. Cross items off as you use them, and check this list before you shop.

Storage basics

- Keep the fridge at 40°F or below and the freezer at 0°F.
- Refrigerate leftovers within 2 hours and eat them within 3 to 4 days.
- Food kept frozen at 0°F stays safe. For the best quality, use cooked dishes within about 3 months.

What to freeze before it goes bad

- Bread, tortillas and rolls
- Cooked rice, beans and shredded chicken
- Overripe bananas, peeled
- Butter, shredded cheese and leftover broth

Waste less, spend less

Read 12 ways to reduce food waste at home and find the best freezer meals to make ahead at thesavvybite.com.