WHAT'S IN THE FREEZER? • STICK IT ON THE DOOR

Freezer Inventory

date it, use it, waste less

Meat & fish

Item	Qty	Date frozen	Use by	Used
				☐
				☐
				☐
				☐
				☐
				☐

Ready meals & leftovers

Item	Qty	Date frozen	Use by	Used
				☐
				☐
				☐
				☐
				☐
				☐

Veg, fruit & bread

Item	Qty	Date frozen	Use by	Used
				☐
				☐
				☐
				☐
				☐
				☐

Tip: freeze food flat in labelled bags, write the date on everything, and move the oldest items to the front. Keep your freezer at 0°F / -18°C.

KNOW WHAT YOU HAVE BEFORE YOU SHOP

Pantry Inventory

tick 'need' and copy it straight to your shopping list

Baking

Item	Have	Need
Flour		☐
Sugar		☐
Brown sugar		☐
Baking powder		☐
Vanilla		☐
Chocolate chips		☐
		☐
		☐
		☐

Tins & jars

Item	Have	Need
Tomatoes		☐
Beans		☐
Coconut milk		☐
Tuna		☐
Stock		☐
Peanut butter		☐
		☐
		☐
		☐

Grains & pasta

Item	Have	Need
Rice		☐
Pasta		☐
Oats		☐
Quinoa		☐
Noodles		☐
Breadcrumbs		☐
		☐
		☐
		☐

Oils, sauces & spices

Item	Have	Need
Olive oil		☐
Soy sauce		☐
Vinegar		☐
Salt		☐
Pepper		☐
Cumin		☐
		☐
		☐
		☐