

One page for everything in the freezer. Log each item the moment it goes in, cross it off as it comes out, and do a two-minute check once a week to catch anything close to its use-by month.

**FREEZER** \_\_\_\_\_ **STARTED** \_\_\_\_\_ **LAST CHECKED** \_\_\_\_\_

A freezer held at 0°F keeps food safe indefinitely. These windows are about quality, so use them to fill in the use-by month column.

| MEAT AND POULTRY             |                |
|------------------------------|----------------|
| Ground beef, turkey, or pork | 3 to 4 months  |
| Steaks                       | 6 to 12 months |
| Roasts (beef, pork, lamb)    | 4 to 12 months |
| Whole chicken or turkey      | About 1 year   |
| Chicken or turkey pieces     | 9 months       |
| Bacon and sausage            | 1 to 2 months  |

| COOKED DISHES AND EVERYTHING ELSE     |                |
|---------------------------------------|----------------|
| Soups and stews                       | 2 to 3 months  |
| Casseroles and other cooked dishes    | 2 to 3 months  |
| Fruits and vegetables, frozen at peak | 8 to 12 months |
| Bread and baked goods                 | 2 to 3 months  |
| Ice cream                             | About 2 months |