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FREE KITCHEN REFERENCE

Freezer inventory list

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 _____

ITEM (NAME PLUS CUT OR FORM)	DATE FROZEN	QUANTITY	USE-BY MONTH	ZONE

RECOMMENDED FREEZER TIMES

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	1 month
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

Source: FDA Refrigerator and Freezer Storage Chart and USDA FSIS, Freezing and Food Safety. Times assume the food was in good condition when it went in and stayed sealed against air. Write the item name and the date on the bag itself too, so the package still tells you what it is if this sheet goes missing.

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