

Weekly fridge tracker

Fill this in on your main shopping day, post it on the fridge door at eye level, then glance at it twice more before trash day. EPA puts food waste for the average family of four at close to \$2,900 a year, and most of it is food that was simply forgotten.

EAT FIRST

Anything within about five days of its date, opened and half used, or leftovers older than two nights. This is the priority list.

ITEM	PLAN (THE MEAL, SNACK, OR DAY YOU WILL USE IT)	DONE

FRIDGE

Produce, dairy, and anything you just opened.

ITEM	PLAN	DONE

FREEZER

Items you froze and might forget about.

ITEM	PLAN	DONE

DAY BY DAY

Match one item to one plan. "Tuesday tacos" works; "use soon" does not.

DAY	WHAT IS AGING	PLAN	USED?
SUN			
MON			
TUE			
WED			
THU			
FRI			
SAT			

Midweek check, usually Wednesday. Cross off what got used and promote anything that slipped closer to its date up into the eat first rows. Anything unfinished at the end of the week carries straight over to next week rather than starting from a blank sheet.

Source: USDA Food Waste FAQs, which estimate 30 to 40 percent of the United States food supply goes uneaten; EPA, Estimating the Cost of Food Waste to American Consumers, 2025; and the FoodKeeper app from FoodSafety.gov for storage dates.

wellstockd.com/blog/weekly-fridge-tracker-printable-to-use-up-food
Free to print, post, and share with attribution to
wellstockd.com