

Freezer Inventory Sheet

Stop losing food to the bottom drawer — log it in, cross it out.

FREEZER

LAST FULL CHECK

What is in there

ITEM	PORTIONS	DATE FROZEN	USE BY	SHELF / DRAWER	USED

Freezer storage times — rough guide

- ☐ Mince & sausages — 3 months
- ☐ Fish, oily — 3 months
- ☐ Cooked meals — 3 months
- ☐ Beef & lamb joints — 6 months
- ☐ Fish, white — 6 months
- ☐ Soups & stocks — 4 months
- ☐ Chicken pieces — 6 months
- ☐ Bread — 3 months
- ☐ Vegetables — 12 months

These are quality guides, not safety limits — food stays safe indefinitely at -18°C, it just stops tasting good. Always label with the date you froze it.