

Freezer & Pantry Inventory

Know what you have, waste less, save money

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Undated · Digital Store XXL · 2026

- 01** List what is in the freezer
- 02** Check stock before shopping
- 03** Use the oldest first

Approximate storage times; always follow the package.

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Freezer inventory 3	Fridge	Pantry: grains, pasta & baking	Pantry: cans, jars & sauces
Pantry: snacks, drinks & other	Herbs & spices	Meals from what I have	

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Freezer storage guide

Food	About
Bread	3 months
Cooked meals & leftovers	2–3 months
Soups & stews	2–3 months
Raw ground meat	3–4 months
Raw chicken pieces	9 months
Lean fish	6 months
Bacon & sausages	1–2 months
Hard cheese (grated)	4–6 months
Fruit	8–12 months
Vegetables (blanched)	8–12 months
Butter	6 months
Ice cream	2 months