

Freeze & Store Food Smart

Waste less, save money and always have a meal ready: freezer basics, what freezes well, packing and labeling, safe thawing, organizing your pantry and fridge, batch cooking and stock rotation.

E-BOOK · US LETTER

- Freeze, store and thaw food safely
- Organize freezer, fridge and pantry
- Inventory lists and batch cooking planner

Freeze & Store Food Smart

Waste less, save money and always have a meal ready: freezer basics, what freezes well, packing and labeling, safe thawing, organizing your pantry and fridge, batch cooking and stock rotation.

© 2026 Digital Store XXL. All rights reserved. This e-book is for personal use only. Do not share, resell or redistribute it, in whole or in part.

This e-book offers general guidance on storing and freezing food at home. Storage times are approximate and depend on the product, packaging and appliance. Always follow the instructions on the packaging and official food safety advice in your country. When in doubt, throw it out. People who are pregnant, elderly, very young or have a weakened immune system should take extra care.

Contents

Before you start 4

1. Why store smart? 5

2. Freezer basics 6

3. What freezes well? 8

4. Packing and labeling 10

5. Thawing and reheating 12

6. Organizing your fridge 14

7. Pantry and dry goods 15

8. Batch cooking and freezer meals 16

9. Keep track and rotate stock 17

Worksheets 18

A final word 23