

Food Storage and Date Record

Index a freezer or a store cupboard so that stock rotates properly and things are found before they are forgotten.

What went into the freezer, the pantry or the store cupboard, when, and the date from the pack — so the oldest gets used first.

DATES COME FROM THE PACK, NOT FROM US

No shelf lives, storage times or safe-keeping periods are printed on this sheet, and none should be inferred from it. They depend on the food, how it was prepared, the packaging and the temperature it is held at. Use the date on the pack, the guidance from your own food safety authority, and your judgement.

HOW TO USE THIS SHEET

- 1 Write the date in, and the date from the pack, on the label as well as here — the sheet is the index, the label is what you read at the freezer door.
- 2 Put new stock behind old. The sheet only works if the rotation does.
- 3 Cross off as things are used, and check the sheet against the shelf every few months.

Household or premises			Store, freezer or shelf			Started	
Item	Batch or how prepared	Quantity	Date in	Date from pack	Where exactly	Used on	Notes

Stock checked against shelf on

By