

Pantry, Fridge and Freezer Inventory

Shop from a list rather than a guess, and stop finding the same jar three times.

What is in the pantry, the fridge and the freezer, so you shop from a list rather than a guess.

DATES FROM THE PACKET, NOT FROM US

No shelf life, storage temperature or use-by guidance is printed on this sheet. Those come from the packaging and from your own food safety authority, and they differ by product. Write the date on the item and record it here.

Household

Counted on

Counted by

Sheet

PANTRY AND CUPBOARDS

Item	Quantity	Where	Date on it	Reorder at	Notes

FRIDGE

Item	Quantity	Where	Date on it	Reorder at	Notes

Item	Quantity	Where	Date on it	Reorder at	Notes

FREEZER

Item	Quantity	Where	Date on it	Reorder at	Notes