

What's in your freezer? Don't just freeze it and forget it!

Avoid buying what you already have. Before you shop, check this list to help you remember. **Add** to the list as you stock up, and **cross off** items as you use them up. Check Refrigerator and Freezer Storage Chart for safe time limits.



FREEZER			FREEZER			FREEZER		
Item	How much?	Date added	Item	How much?	Date added	Item	How much?	Date added