YOUR KITCHEN, AT A GLANCE

Kitchen inventory *checklist.*

Week of: _____

Write down what you have. Record what each date means, such as “opened,” “prepared,” or “best before.”

Fridge

Food	Amount	Date / label	Notes

Freezer

Food	Amount	Date / label	Notes

Pantry

Food	Amount	Date / label	Notes

Use first

_____

_____

Buy next

_____

_____

Dates and estimates are planning aids, not proof that food is safe. Follow package instructions and food-safety guidance. stovah.com/guides/pantry-fridge-inventory-checklist