DELTA RIDGE TECHNOLOGIES

Freezer and Pantry Inventory

What went in, and when it has to come out

THE HALF HOUR THAT SAVES A HUNDRED DOLLARS



Most freezers hold three hundred dollars of food and a year of good intentions. Write down what went in and when it has to come out, and the freezer starts paying you back.

ITEM	FREEZER LIFE	PANTRY LIFE
Raw poultry	9 to 12 months	not recommended
Ground meat	3 to 4 months	not recommended
Steaks and roasts	6 to 12 months	not recommended
Cooked dishes	2 to 3 months	not recommended
Fish, lean	6 months	not recommended
Fish, fatty	3 months	not recommended
Berries	8 to 12 months	not recommended
Blanched vegetables	10 to 12 months	not recommended
Butter	9 months	1 month
Bread	3 months	5 days
Flour, white	6 months	6 to 12 months in a sealed bin
Rice, white	not recommended	years, keep dry
Dried beans	not recommended	1 to 2 years, older means longer cooking
Canned goods, home	not recommended	12 to 18 months
Canned goods, shop	not recommended	2 to 5 years, quality fades

SAMPLE

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