

What's in my freezer



Freezer: _____ Updated: _____

ITEM	QTY	IN	BEST BY
MEAT & POULTRY			
	○○○○○		
	○○○○○		
	○○○○○		
	○○○○○		
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	○○○○○		
	○○○○○		
FISH & SEAFOOD			
	○○○○○		
	○○○○○		
	○○○○○		
	○○○○○		
VEGETABLES & FRUIT			
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ITEM	QTY	IN	BEST BY
READY MEALS & BAKERY			
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	○○○○○		
	○○○○○		
	○○○○○		
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	○○○○○		
HOME-COOKED & LEFTOVERS			
	○○○○○		
	○○○○○		
	○○○○○		
	○○○○○		
DAIRY & OTHER			
	○○○○○		
	○○○○○		
	○○○○○		
	○○○○○		

BEST QUALITY AT 0 °F — write Best by = In + months

Chicken breast	9 mo	Sausages	2 mo	Mixed vegetables	10 mo	Pizza	12 mo	Leftovers	3 mo
Ground beef	4 mo	Salmon	3 mo	Peas	8 mo	Fries	12 mo	Bread	5 mo
Steak	9 mo	Shrimp	12 mo	Berries	12 mo	Nuggets	3 mo	Ice cream	6 mo

Frozen food kept at 0 °F stays safe indefinitely. These dates are about taste and texture.

Tired of crossing things out? Frostlog keeps this list on your phone and tells you what to eat first.

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Chest freezer inventory



Freezer: _____ Updated: _____

Top

Basket

Middle

Bottom

- Oldest packs go on top — they get eaten first.
- Newest shopping goes to the bottom.
- Small loose things live in the basket.
- Keep this sheet on the lid; cross off as you go.

ITEM	QTY	IN	BEST BY
BASKET			
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TOP LAYER			
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ITEM	QTY	IN	BEST BY
MIDDLE LAYER			
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BOTTOM LAYER			
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How long frozen food keeps



Best quality at 0 °F, in months — the number Frostlog uses, and FoodKeeper's range in brackets.

POULTRY

Chicken, whole	12
Turkey, whole	12
Chicken breast	9
Chicken thighs	9
Chicken wings	9
Turkey breast	9
Duck	6
Fried chicken	4
Ground chicken	4 (3–4)
Ground turkey	4 (3–4)

MEAT

Game meat	9 (4–12)
Lamb chops	9 (4–12)
Roast	9 (4–12)
Steak	9 (4–12)
Pork chops	6 (4–12)
Ribs	6 (4–12)
Veal	6 (4–12)
Burger patties	4 (3–4)
Ground beef	4 (3–4)
Liver	4 (3–4)
Stew meat	4 (4–12)
Ham	2 (1–2)
Hot dogs	2 (1–2)
Lunch meat	2 (1–2)
Sausages	2 (1–2)
Bacon	1

FISH & SEAFOOD

Scallops	12 (6–18)
Shrimp	12 (6–18)
Squid	12 (6–18)
Crab	9 (9–12)
Crab sticks	9
Smoked salmon	9 (9–12)
Cod	8 (6–8)
Lobster	8
Tilapia	8 (6–8)
White fish	8 (6–8)
Fresh catch	6
Mackerel	3 (2–3)
Mussels	3 (3–4)
Salmon	3 (2–3)
Tuna steak	3 (2–3)

VEGETABLES

Edamame	24
Diced potatoes	12
Broccoli	10 (10–12)
Brussels sprouts	10 (10–12)
Butternut squash	10 (10–12)
Carrots	10 (10–12)
Cauliflower	10 (10–12)
Chopped onions	10 (10–12)
Mixed vegetables	10 (10–18)
Okra	10 (10–12)
Spinach	10 (10–12)
Bell peppers	8 (6–8)
Corn	8
Green beans	8
Peas	8
Asparagus	5
Tofu	5

FRUIT

Açaí packs	12
Berries	12 (10–18)
Blueberries	12 (8–12)
Raspberries	12 (8–12)
Strawberries	12 (8–12)
Cherries	10 (8–12)
Pineapple	10 (10–12)
Smoothie mix	10 (10–18)
Mango	8 (6–8)
Bananas	3 (2–3)
Peaches	2

READY MEALS

Fish sticks	18
Breakfast sandwich	12
Burrito	12
Fries	12
Frozen meal	12
Hash browns	12
Lasagna	12
Mac and cheese	12
Pizza	12
Pot pie	12
Tater tots	12
Veggie burgers	12 (12–18)
Dumplings	6
Onion rings	6
Egg rolls	3
Meatballs	3
Nuggets	3 (1–3)

BAKERY

Pizza dough	12
Puff pastry	12
Tortillas	6
Bread	5 (3–5)
Pita	5 (3–5)
Bagels	3
Buns	3 (3–5)
Muffins	3
Pancakes	3
Waffles	3
Croissants	2
Pie crust	2

HOME-COOKED

Cooked rice	6
Pesto	6
Sauce	6
Baby food	3
Casserole	3 (2–3)
Chili	3 (2–3)
Leftovers	3 (2–3)
Soup	3 (2–3)
Stock	3 (2–3)
Cooked pasta	2 (1–2)
Herbs	2 (1–2)

DAIRY & EGGS

Whipped topping	14
Beaten eggs	12
Butter	9 (6–9)
Breast milk	6
Cheese	6
Shredded cheese	4 (3–4)
Milk	3
Cream cheese	2
Yogurt	2 (1–2)

DESSERTS

Cake	6
Ice cream	6
Cookie dough	2

PANTRY

Flour	12
Nuts	12 (6–12)
Coffee	6 (6–12)

OTHER

Dog food	6
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Source: USDA FSIS FoodKeeper data · fsis.usda.gov/foodkeeper

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