

Store your freezer and refrigerator items in broad / general categories. Contain categories in labeled clear tempered plastic boxes when you can.
 ↑ (15 quart or 6 quart sizes) **Listed here are the most common categories** ↗



FREEZER CATEGORIES

Although frozen foods will keep indefinitely at zero degrees F, their quality will deteriorate over time. Use the oldest foods 1st by rotating as you load your freezer. Chest Freezers have little or no shelving, which makes organization difficult. Create your own shelving by using stackable wire baskets.

✓ Ready to Eat Meals	✓ Breakfast	✓ Meats
✓ Veggies	✓ Desserts	✓ Breads
✓ Juices		



FRIDGE CATEGORIES

Tip: Tack a weekly shopping list on the front of your refrigerator. Instruct family members to list ANY food items they note as “nearly gone”.
*(Visit the website listed at the base of this page to purchase my **Household / Family Management Binder Kit**. It contains a categorized grocery shopping list and 29 other household and family management forms. Also consider my **Organizing the Kitchen mastery set** which contains all the info you need to easily organize your kitchen spaces!)*

■ Snacks	■ Leftovers	■ Drinks/Juices
■ Sauces	■ Condiments	■ Meat/Cheese
■ Fruits	■ Veggies	■ Dressings
■	■	■

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The purchase of this Organizing the Kitchen Mastery Set is for 1 (only one) household's usage. To purchase more kits

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