



42 Freezer Essentials: *A Checklist to Get You Started*

This checklist of 42 freezer essentials will make cooking and baking easier on busy days. With this list of freezer essentials plus the list of refrigerator and pantry essentials, you'll be able to make most recipes without a special trip to the store!

- | | |
|---|---|
| <input type="checkbox"/> 1. Chicken: whole, parts
<input type="checkbox"/> 2. Beef: ground, roasts, steaks, ribs
<input type="checkbox"/> 3. Pork: sausage, bacon, roasts, ribs, chops, ham, hot dogs
<input type="checkbox"/> 4. Turkey: ground, whole, parts
<input type="checkbox"/> 5. Seafood: shellfish, fillets, steaks
<input type="checkbox"/> 6. Other specialty meats
<input type="checkbox"/> 7. Deli meats
<input type="checkbox"/> 8. Grated cheese: various
<input type="checkbox"/> 9. Fruit: strawberries, blueberries, bananas, mixed berries
<input type="checkbox"/> 10. Frozen juices & mixers
<input type="checkbox"/> 11. Sandwich bread
<input type="checkbox"/> 12. Bread loaves, garlic bread
<input type="checkbox"/> 13. Dinner rolls, biscuits
<input type="checkbox"/> 14. Bagels, English muffins
<input type="checkbox"/> 15. Tortillas and wraps
<input type="checkbox"/> 16. Hamburger and Hot Dog buns
<input type="checkbox"/> 17. Pie crust, tart shells
<input type="checkbox"/> 18. Muffins, donuts
<input type="checkbox"/> 19. Bread dough, pizza dough
<input type="checkbox"/> 20. Puff pastry, pastry shells
<input type="checkbox"/> 21. Cinnamon rolls, sweet rolls | <input type="checkbox"/> 22. Soups, stews and broths
<input type="checkbox"/> 23. Ice cream, popsicles, bars, yogurt
<input type="checkbox"/> 24. Whipped cream, non-dairy whipped topping, frosting
<input type="checkbox"/> 25. Frozen kids' dinners
<input type="checkbox"/> 26. Frozen snacks, appetizers
<input type="checkbox"/> 27. Cakes, pies, desserts, candy
<input type="checkbox"/> 28. Cookies and cookie dough
<input type="checkbox"/> 29. Potatoes: hash browns, fries
<input type="checkbox"/> 30. Vegetables: peas, corn, spinach, beans, broccoli, carrots, etc.
<input type="checkbox"/> 31. Frozen breakfast items
<input type="checkbox"/> 32. Frozen side dishes
<input type="checkbox"/> 33. Frozen dinners, pizzas
<input type="checkbox"/> 34. Frozen sandwiches, burritos
<input type="checkbox"/> 35. Butter and margarine
<input type="checkbox"/> 36. Nuts: whole, chopped
<input type="checkbox"/> 37. Family-sized pasta casseroles
<input type="checkbox"/> 38. Coffee: ground, beans
<input type="checkbox"/> 39. Your pre-made casseroles, dinners
<input type="checkbox"/> 40. Ice and ice packs
<input type="checkbox"/> 41. Leftover bones for soup
<input type="checkbox"/> 42. Leftovers |
|---|---|

P.S. Use this list, too, to start a checklist for your household inventory (see our Emergency Planning Checklist).

Tootles,



Tiffany and Carole