



MyZeroWasteKitchen

Freezer Tracker & Label Pack

Use this pack to organize, label, and rotate your freezer. Track everything, cut waste, and save on groceries.

How to use:

- 1 Print the tracker and place it on your fridge.
- 2 Log every frozen item (name, date, zone, quantity).
- 3 Use the labels on bins or the short edge of bags.
- 4 Do a weekly “Freezer Dive” to rotate the oldest items first.

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Color-Coded Freezer Labels

Cut along the borders. Optional: laminate for durability. Affix to bins or the short edge of bags.

PROTEIN	VEG & FRUIT	BROTH & SAUCES	READY MEALS
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