Food Labels + Storage Checklist

Blank labels do not calculate shelf life. Follow guidance for the actual food.

Food: _____

Packed date: _____

Use by: _____

Food: _____

Packed date: _____

Use by: _____

Food: _____

Packed date: _____

Use by: _____

Food: _____

Packed date: _____

Use by: _____

Food: _____

Packed date: _____

Use by: _____

Food: _____

Packed date: _____

Use by: _____

[ ] Portion cooked leftovers into shallow containers and chill promptly.

[ ] Check the refrigerator is at 40 F / 4 C or below.

[ ] Keep ready-to-eat foods away from raw meat juices.

[ ] Label contents and date; check food-specific storage guidance.

[ ] Follow separate instructions for glass bases, lids and seals.

For produce: sort by food type and condition; check regularly.

Rinse ordinary produce under running water before preparing/eating.

Follow package instructions for pre-washed / ready-to-eat produce.