Give a freezer meal in a container you can identify later

A freezer-meal gift is easier to return with a container label and ingredient note. Keep food instructions separate from a reminder about the box.

Fill the fields in a PDF reader, or print and write. Save your own copy; entries are not submitted to FigureNook.

Meal / recipe / ingredients and portions

Actual pack date / storage and reheating source

Container model / permitted uses

Recipient / return arrangement / contact

Use current product directions. No purchase or signup is required. Product illustrations are conceptual, not exact photographs.

Freezer meal and return labels

Solid lines: cut outline. Dashed lines: fold or design guide. Check the scale before using.

A MEAL FOR YOU

Meal / ingredients:

Packed date / directions:

Please return container to:

A MEAL FOR YOU

Meal / ingredients:

Packed date / directions:

Please return container to:

A MEAL FOR YOU

Meal / ingredients:

Packed date / directions:

Please return container to:

A MEAL FOR YOU

Meal / ingredients:

Packed date / directions:

Please return container to:

A MEAL FOR YOU

Meal / ingredients:

Packed date / directions:

Please return container to:

Cut the rectangles and attach externally or use as storage cards. Keep printed paper out of direct food contact. Complete actual food directions separately where needed.

1 inch print check