Plan the fridge before the holiday grocery run

A printable shelf map with a perishable-food zone. Use the free printable with the steps below; compare the optional supply only if you need it.

1. Measure and clear

Measure usable shelf width, depth and height before shopping. Check existing foods and remove anything unsafe; leave airflow and access to temperature controls.

2. Map the contents

Use the shelf map to reserve space for covered ready-to-eat dishes and ingredients. Keep raw meat or poultry contained below ready-to-eat foods to prevent drips.

3. Plan the arrival

List the groceries and containers that must fit, including their lids. Avoid overfilling the fridge; check its temperature and put perishable shopping away promptly.

Keep perishable food cold and follow actual recipe, food and container instructions. Use the worksheet to organize ingredients and serving arrangements.

Your printable workspace

Map your own shelves; contain raw foods below

Shelf dimensions

Ready-to-eat dishes

Contained raw ingredients below

Fridge temperature / groceries

Use suitable items you own. Check exact product instructions before buying.