



WEEKLY FRIDGE CHECKLIST



Check the Eat-Me-First bin and plan to use anything approaching its expiry date.



Move older foods and leftovers to the front so they stay visible instead of getting forgotten.



Scan crisper drawers for soft, wilted, or damaged produce and remove anything starting to spoil.



Check labels and dates on leftovers, opened packages, and dairy so questionable items do not linger.



Reorganize misplaced foods into their correct temperature zones before adding another week of groceries.
