Stock your freezer before baby: the checklist

- [ ] Clear out the freezer. Eat or toss the mystery bags.
- [ ] Put an appliance thermometer in and make sure it reads 0°F or colder.
- [ ] Stock up on freezer bags, containers, a permanent marker and labels.
- [ ] Pick a handful of recipes you'd happily eat on repeat. Soups, stews and casseroles are easy wins.
- [ ] Don't forget breakfast: bread, smoothie packs and pancakes all freeze.
- [ ] Cook in batches. Cool fast, portion, squeeze out the air.
- [ ] Label every bag: name, date, how to reheat.
- [ ] Freeze flat, then stack.
- [ ] Tape a list to the freezer door. Cross things off as you eat them.
- [ ] Make it easy for anyone to help: reheat instructions on the bag means anyone can make dinner.

Freezer labels

Write on every bag: what it is, the date you froze it, how to reheat it and how many servings.

> **Example:** Chicken soup · 2 servings · Frozen Nov 9 · Thaw in fridge overnight, heat on the stove until it boils.

What it is _____

Servings _____ **Frozen on** _____

How to reheat _____

_____

What it is _____

Servings _____ **Frozen on** _____

How to reheat _____

_____

What it is _____

Servings _____ **Frozen on** _____

How to reheat _____

_____

What it is _____

Servings _____ **Frozen on** _____

How to reheat _____

_____

What it is _____

Servings _____ **Frozen on** _____

How to reheat _____

_____

What's in the freezer

Tape this to the freezer door and cross things off as you eat them. Use the oldest first: first in, first out.

What it is	Servings	Frozen on	How to reheat

❄ **Food stays safe at 0°F or colder. A cheap appliance thermometer in the freezer tells you for sure.**

Food-safety facts from USDA Food Safety and Inspection Service (fsis.usda.gov): **Freezing and food safety**; **Leftovers and food safety**. National Center for Home Food Preservation (nchfp.uga.edu): **Packaging and labeling**; **How long frozen food keeps**.