

Basic Refrigerator/Freezer Staples Checklist

Refrigerator

Butter

Eggs

Jam

Fruit

Milk

Yogurt

Sour Cream

Condiments
(*ketchup, mustard, etc.*)

Cheese
(*mozzarella, cheddar, parmesan, etc.*)

Freezer

Frozen Fruit

Frozen Vegetables

Meat, Poultry, Fish

