

# Your freezer inventory

## Buttoned Up™



Want to reduce the amount you spend on groceries each week? Start shopping from your freezer first! Use this inventory sheet to keep track of what you already have. Write down each item you have in the space provided. Then, indicate how many you have by circling or coloring in the appropriate number. Then, as you use up one item, X it off and circle the number remaining. Continue until you're out.

Example: **1lb ground beef**    1   2   3   4   5

freezer inventory											
item	quantity					item	quantity				
	1	2	3	4	5		1	2	3	4	5
	1	2	3	4	5		1	2	3	4	5
	1	2	3	4	5		1	2	3	4	5
	1	2	3	4	5		1	2	3	4	5
	1	2	3	4	5		1	2	3	4	5
	1	2	3	4	5		1	2	3	4	5
	1	2	3	4	5		1	2	3	4	5
	1	2	3	4	5		1	2	3	4	5
	1	2	3	4	5		1	2	3	4	5
	1	2	3	4	5		1	2	3	4	5
	1	2	3	4	5		1	2	3	4	5
	1	2	3	4	5		1	2	3	4	5
	1	2	3	4	5		1	2	3	4	5
	1	2	3	4	5		1	2	3	4	5
	1	2	3	4	5		1	2	3	4	5
	1	2	3	4	5		1	2	3	4	5
	1	2	3	4	5		1	2	3	4	5
	1	2	3	4	5		1	2	3	4	5
	1	2	3	4	5		1	2	3	4	5
	1	2	3	4	5		1	2	3	4	5
	1	2	3	4	5		1	2	3	4	5
	1	2	3	4	5		1	2	3	4	5
	1	2	3	4	5		1	2	3	4	5
	1	2	3	4	5		1	2	3	4	5
	1	2	3	4	5		1	2	3	4	5
	1	2	3	4	5		1	2	3	4	5
	1	2	3	4	5		1	2	3	4	5
	1	2	3	4	5		1	2	3	4	5
	1	2	3	4	5		1	2	3	4	5