



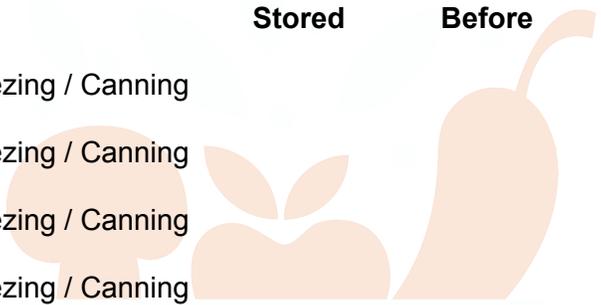
Food Storage Tracker

Instructions:

Use this tracker to record items you've frozen or canned at home. Helps you monitor freshness, avoid food waste, and rotate your stock efficiently.

Food Storage Log Table

No.	Food Item	Method	Date Stored	Best Before	Quantity	Notes
1		Freezing / Canning				
2		Freezing / Canning				
3		Freezing / Canning				
4		Freezing / Canning				
5		Freezing / Canning				



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Freezing Quick Reference

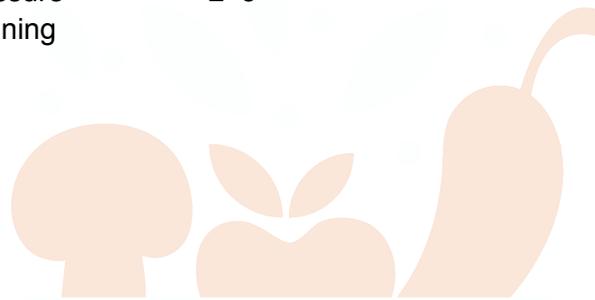
Food Type	Blanch Before Freezing?	Shelf Life (Months)
Broccoli	Yes	8–12
Chicken (raw)	No	9–12
Cooked Lentils	No	6–8
Berries	No	8–12
Pancakes/Muffins	No	2–3



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Canning Quick Reference

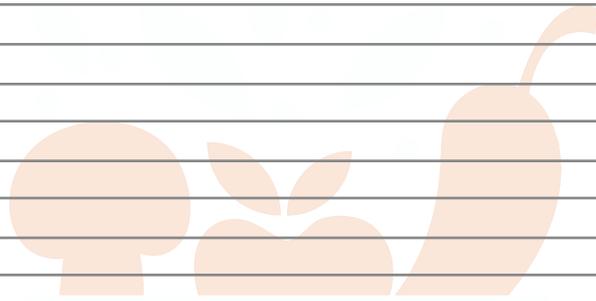
Food Type	Canning Method	Shelf Life (Years)
Tomato Sauce	Water Bath	1–1.5
Pickles	Water Bath	1–2
Beans (Plain)	Pressure Canning	2–3
Fruit Jam	Water Bath	1–2
Soups (No dairy)	Pressure Canning	2–3



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Notes Section

Use this space to track batch numbers, recipe links, or reminders like “Use this before Diwali party” or “Great with dosa!”



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