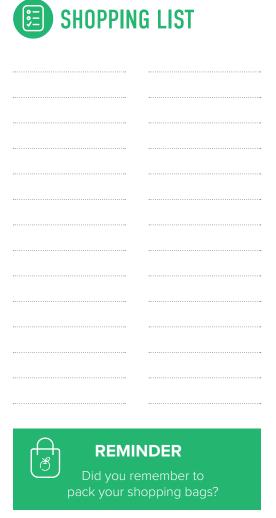
## FRIDGE CHECKLIST



IN THE FRIDGE	USE BEFORE
eg. Mushrooms	eg. Friday 24/11/23









**BRIGHT IDEA** 

Freeze any extra food to keep it fresh and minimise waste.

**PLAN AHEAD** 

Writing use-by dates helps with meal prep!



