

# EAT THIS FIRST

Item: \_\_\_\_\_

Date created: \_\_\_\_\_

Eat by date: \_\_\_\_\_

Freeze by date: \_\_\_\_\_

Always refrigerate perishable items within two hours of serving. Your fridge should be between 40 degrees and 32 degrees F. Learn more at

**[www.EatSmartWasteLess.com](http://www.EatSmartWasteLess.com)**