

VEGETABLE FRIDGE RESCUE PLAN

A short use-first plan for vegetables you already have.

CHECK DATE: _____

NEXT GROCERY TRIP: _____

1. FIND WHAT NEEDS ATTENTION

Vegetable / amount: _____

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2. CHOOSE A SAFE NEXT STEP

Use raw or cook soon: _____

Freeze or preserve: _____

Check official storage guidance: _____

3. BUILD MEALS FROM WHAT YOU HAVE

First flexible meal: _____

Second meal or leftover plan: _____

Only missing ingredients to buy: _____

FOOD SAFETY CHECK

- ☐ Keep the refrigerator at 40 F (4 C) or below.
- ☐ Do not use moldy or spoiled produce to "rescue" a meal.
- ☐ Refrigerate prepared food promptly; use official guidance for specifics.