FREEZECHECK / USER GUIDE

Your food. Your overview. | Updated for FreezeCheck V5.11.2 · 11 November 2026

1 Get started

Sign in or register using your FreezeCheck account and the email verification process. The guided introduction can be restarted under More → Help & information. Under More → Inventory & tools, create your fridge/freezer and compartments. Use Home → NEW ITEM to add your first food item.

2 Five main areas

Home — Quick add and foods to use soon.

Inventory — Find, filter and inspect food, including My Inventory and eligible Family stock.

Withdraw — Use QR or manual selection; withdraw part or all of an item and inspect the history.

Recipes — Keep your own recipes and find web inspiration.

More — Account, subscriptions & purchases, inventory tools, app settings, data & backup, help.

3 Add and withdraw items

Enter the food name, category, quantity, unit, storage location, compartment and best-before date. Photo, barcode and AI recognition are optional; review all AI suggestions before saving. If your account has Family access, choose personal or shared visibility as appropriate. To withdraw, open Withdraw, scan a QR label or choose an item manually, enter the amount for partial withdrawal, and review the remaining quantity.

4 Recipes, planner and reminders

Create recipes with ingredients and preparation steps. Find the meal planner and shopping list under More → Inventory & tools. Under More → App settings → Notifications, choose reminder settings and allow Android notification permissions. Android power-saving settings may delay reminders.

5 More → Subscriptions & purchases

See the Full Version / PRO entitlement, Family access, personal and shared AI scan credits, and any temporary tester-PRO access. Use Refresh PRO status to check server-side entitlement. Tester-PRO access is not a Google Play purchase and may expire. Google Play purchases are linked to the relevant Play and FreezeCheck accounts; a purchase cannot necessarily be moved to another FreezeCheck account. Purchase restoration should be tested in the Play-installed version, not a separate debug installation.

6 More → Data & backup

CSV / Excel export: Select inventory, local storage locations and/or withdrawal history. It produces CSV files without pictures and is NOT a full backup. Inventory list (PDF): Create a printable overview.

Full CSV backup (including images): Exports currently visible inventory items with fields including name, category, quantity, location, dates and ImageBase64. Photos are included only if their local files are available. Recipes, meal plans and shopping lists are not part of this CSV. Save the original CSV outside the app; do not re-save it through spreadsheet software before using it as a backup. Restore CSV only deliberately after first backing up the current state.

7 More → My account

Edit your name, change your email with a six-digit confirmation code, switch account, sign out on this device, or sign out all devices. Data stored for different accounts is kept in separate local databases. Previously synchronized inventory can be viewed offline, then synchronized after reconnecting.

8 Permanently delete your account

First export your data. Go to More → My account → Permanently delete account, acknowledge the consequences, request a deletion code by email, then enter the six-digit code within ten minutes and confirm. Only an explicit server response confirms successful deletion. Some accounts, such as household owners or purchase-linked accounts, require assisted review instead; contact kontakt@freezecheck.de or visit https://freezecheck.de/konto-loeschen.html. Shared family content may remain. Uninstalling the app or deleting your account does not cancel Google Play subscriptions; cancel those separately in Google Play.

9 Updates and assistance

Before updating an existing test installation, export a full inventory CSV and keep it outside the app. Do not uninstall or clear app data. Local-only data from older versions may not move automatically to the new account-specific database. Check your inventory after updating and report discrepancies before importing any backup. Help: https://freezecheck.de.

Safety: Best-before dates and indicator colors are guidance only; they do not guarantee that food is safe to eat.