

freezer storage cheat sheet

| breads & desserts | |
|-------------------------|----------|
| angel food, sponge cake | 2 mos. |
| bread, rolls | 3-6 mos. |
| cheesecake | 2-3 mos. |
| cookie dough | 4 mos. |
| cookies (baked) | 6-8 mos. |
| pies (baked) | 1-2 mos. |
| quick bread, muffins | 2-3 mos. |
| yellow or pound cake | 6 mos. |

| dairy | |
|--------------------|----------|
| butter | 6-9 mos. |
| cottage cheese | 1 mos. |
| cheese (hard) | 6 mos. |
| cheese (soft) | 4-6 mos. |
| eggs | 6-8 mos. |
| ice cream, sherbet | 2 mos. |
| milk, cream | 3-4 mos. |
| yogurt | 1-2 mos. |

| fish & seafood | |
|-----------------------------------|----------|
| clams, mussels, oysters (live) | 2-3 mos. |
| clams, mussels, oysters (shucked) | 3-6 mos. |
| fish (cooked) | 4-6 mos. |
| fish (fatty) | 2-3 mos. |
| fish (lean) | 4-6 mos. |
| shellfish | 2-3 mos. |
| shrimp, scallops | 4-6 mos. |

| meats | |
|----------------------|-----------|
| bacon, sausage (raw) | 1-2 mos. |
| ham (cooked) | 1-2 mos. |
| lunch meat | 1-2 mos. |
| casseroles, soups | 2-3 mos. |
| ground beef, pork | 3-4 mos. |
| chops, roasts | 4-6 mos. |
| steaks | 8-10 mos. |

| poultry | |
|----------------------------|-----------|
| casseroles | 4-6 mos. |
| chicken or turkey (cooked) | 4-6 mos. |
| chicken or turkey (ground) | 3-4 mos. |
| chicken or turkey (pieces) | 6-8 mos. |
| chicken or turkey (whole) | 8-10 mos. |

| produce | |
|---------------------------|-----------|
| fruit (citrus) | 3-4 mos. |
| fruit (other) | 12 mos. |
| fruit juice (concentrate) | 12 mos. |
| fruit juice (bottled) | 8-12 mos. |
| veggies (frozen) | 2-3 mos. |

freezer storage tips:

- keep your freezer temperature at 0° or less
- seal food in air-tight containers or packages
- label containers with use by date and cooking instructions
- group similar items on your freezer shelves
- rotate your freezer stock each time you grocery shop, moving the oldest items forward
- food should not be thawed and refrozen, but can be thawed, cooked and then refrozen