

Freezer Storage Guide

Freezing is a fast and easy way to store fruits, vegetables, sauces, soups, cookies, and many food items for later use. Freezing fresh fruits and vegetables yields the highest quality, flavor, texture, and nutritional value than any other food preservation method. Although food can be frozen indefinitely and be safe, it is the quality of the food that diminishes over time. The guidelines below are for maximum quality of your frozen foods.

<u>Food Item</u>	<u>Months Good In Freezer</u>
Bacon and Sausage	2
Butter or margarine	9
Casseroles	2 to 3
Citrus fruits and juices	4 to 6
Egg whites or egg substitutes	12
Fish or shellfish	
• "Fatty" fish	3
• "Lean" fish	6
• Shellfish	3
Frozen Dinners and Entrees	3 to 4
Fruits (except citrus)	12
Ham, Hot Dogs and Lunchmeats	2
Ice cream or sherbet	1
Meat, ground or stew	3 to 4
Meat, cooked or leftover	2 to 3
Poultry	
• Cooked, with gravy	6
• Cooked, no gravy	1
• Duck or Goose	6
• Uncooked (whole), chicken or turkey	12
• Uncooked (parts) chicken	9
• Uncooked (parts)	6
• Uncooked giblets	3 to 4
Roasts, Fresh	
• Beef or lamb	12
• Pork or veal	8
• Soups and Stews	2 to 3
Steak or Chops, Fresh	
• Beef	12
• Lamb or	9
• Pork	4
• Variety meats, Fresh	4
Vegetables	8 to 12
Wild game, uncooked	8 to 12