



# Freezer-Life Storage Guide

For the best quality frozen foods, follow the recommended freezer storage time for each type of food listed in the chart below. These approximate storage times are based upon maintaining a freezer temperature of 0°F or lower. Follow a freezing recipe for proper preparation methods and use an appropriate packaging material, such as freezer safe glass or plastic jars, plastic freezer bags, vacuum packages, freezer foil or freezer paper.

<b>Bakery</b>	<b>Months</b>
Breads, Quick (Baked)	2
Breads, Yeast (Baked)	4 – 8
Breads, Yeast (Unbaked)	1/2
Cakes	6
Cakes, Fruit	12
Cookies (Baked)	6
Cookies (Unbaked)	4
Pastry (Unbaked)	2
Pies (Baked)	1
Pies (Unbaked)	3
<b>Dairy</b>	<b>Months</b>
Butter	5 – 6
Cheese, Cottage	1
Cheese, Hard or Semi-Hard	6 – 12
Cheese, Soft	4
Eggs	12
Ice Cream & Sherbet	1 – 3
Milk	1
<b>Fruits</b>	<b>Months</b>
Fruits, Citrus	3 – 4
Fruits, All Except Citrus	12
<b>Meat, Poultry, Seafood &amp; Game</b>	<b>Months</b>
Beef, Lamb, Mutton, Veal, Venison	8 – 12
Fish	2 – 3
Ground Meat	3 – 4
Liver	3
Rabbit, Squirrel	6 – 8
Crab, Fish Roe, Lobster, Oysters	3 – 4
Pork (Cured)	1 – 2
Pork (Fresh)	6 – 8
Sausage	4 – 6
Shrimp	6
Turkey, Chicken	12



<b>Prepared Foods</b>	<b>Months</b>
Candies	12
Gravy	2
Pizza	1
Prepared Main Dishes	3 – 6
Salads	2
Sandwiches	1
Soups, Stews	6
<b>Soft Spreads</b>	<b>Months</b>
Freezer Jams & Jellies	12
<b>Vegetables</b>	<b>Months</b>
Onions	3 – 6
Vegetables (Cooked)	1
Vegetables (Raw, Except Onions)	12