

# HOW LONG DOES FROZEN FOOD LAST AT 0°F/-18°C OR BELOW?



Steaks (uncooked) Chops (uncooked)

**Ground Meat** (uncooked)

Roasts (uncooked)



### 2-3 months

Cooked Meats & Casseroles

Poultry, pieces

(breast, thighs-uncooked)

Poultry, whole (uncooked)



### 6 months

All Fish (cooked)

Lean Fish

(cod, flounder, haddock, etc.-uncooked)

Shrimp, Crayfish, Squid, Clams & Mussels

(shucked, peeled-uncooked)



# 2 months

Ham, whole, store wrapped (cooked)

**Hot Dogs** 

**Luncheon Meats** 

Sausage

Pepperoni

# 1 month

Bacon



# 1 year

Egg Substitute (unopened) **Egg Whites** 

# Do not freeze

Egg Substitutes (opened) Egg Yolks (uncooked)

Fresh (in shell)

**Hard Cooked Eggs** 

# 3 months

Clams, Oysters & Mussels

(shucked-cooked)

**Fatty Fish** 

(salmon, bluefish, mackerel-uncooked)

**Lobster Tails** 

(uncooked)

#### 2 months

Crab (cooked)





# HOW LONG DOES FROZEN FOOD LAST AT 0°F/-18°C OR BELOW?



# 6 months

**Butter** Cheese **Eggnog** 

# 3 months

Ice Cream & Sorbets

# Do not freeze

**Pudding** 



# 1-3 months

**Broth** Chili Gravy Soup (broth based) **Stews** 

Stock

# Do not freeze

Soup

(cream based)



#### 1 month

**Bread** (fresh baked)

**Breads & Rolls** (unbaked dough)

**Muffins & Rolls** 

Pancakes & Waffles (cooked)

Pastries & Doughnuts Pizza

Stuffing **Tortillas** 



# 1 year

# 2-4 months

**Fruit Cakes** 

**Fruit Pies** (unbaked)

# 1-3 months

Angel Food Cake Cookies **Brownies** Candy

Cheesecake

Cookies (baked)

(homemade, store bought-unbaked dough)

**Fruit Pies** (baked)

**Layered Cakes** (frosted)

**Pie Crust** (unbaked)



Citrus Fruit & **Juice** 

Cranberries

Cherries

**Berries** 

**Dried Fruit** 

Frozen (store bought)

Melons

**Pineapple** 

# 6 months

**Apples** (peeled, cored, sliced)

**Apricots** 

**Bananas** (peeled)

Grapes **Peaches** 



# 8-12 months

**Beans Broccoli Cuts** Carrots Cauliflower Celery Chilies Corn

**Asparagus** 

Frozen (store bought)

Garlic (chopped)

**Green Beans** 

Greens Herbs

**Mushrooms** 

**Peas** Tofu

# 3-4 months

**Bell Peppers** (chopped)

**Onions** (chopped)