

HOW LONG WILL IT KEEP?

■ These times assume that the freezer temperature is maintained at 0°F (−18°C) or colder. The storage times are for quality only. Frozen foods remain safe almost indefinitely.

PRODUCT	MONTHS IN FREEZER
CHEESE (except those listed below)	6
Cottage cheese, cream cheese, feta, goat, fresh mozzarella, Neufchâtel, Parmesan, processed cheese (opened)	Not recommended
DAIRY PRODUCTS	
Butter	6 to 9
Cream, half-and-half	4
Ice cream	1 to 2
Margarine (not diet)	12
Milk	3
Yogurt	1 to 2
FISH AND SEAFOOD	
Clams, mussels, oysters, scallops, shrimp	3 to 6
Fatty fish (bluefish, mackerel, perch, salmon)	2 to 3
Lean fish (flounder, haddock, sole)	6
FRESH FRUIT (PREPARED FOR FREEZING)	
All fruit except those listed below	10 to 12
Avocados, bananas	3
Citrus fruit	4 to 6
Juices	8 to 12
FRESH VEGETABLES (PREPARED FOR FREEZING)	
Artichokes, eggplant	6 to 8
Asparagus, rutabagas, turnips	8 to 10
Bamboo shoots, cabbage, celery, cucumbers, endive, radishes, salad greens, watercress	Not recommended
Beans, beets, bok choy, broccoli, brussels sprouts, carrots, cauliflower, corn, greens, kohlrabi, leeks, mushrooms, okra, onions, parsnips, peas, peppers, soybeans, spinach, summer squash	10 to 12
Tomatoes (overripe or sliced)	2
MEAT	
Cooked	2 to 3
Ham, hot dogs, and lunch meats	1 to 2
Sausage, bacon	1 to 2
Uncooked, ground	3 to 4
Uncooked roasts, steaks, or chops	4 to 12
Wild game, uncooked	8 to 12

PRODUCT	MONTHS IN FREEZER
POULTRY	
Cooked	4
Giblets, uncooked	3 to 4
Uncooked	12
Uncooked parts	9
MISCELLANEOUS	
Cakes	4 to 6
Casseroles	2 to 3
Cookie dough	2
Cookies	3
Fruit pies, baked	2 to 4
Fruit pies, unbaked	8
Pastry, unbaked	2
Pumpkin or chiffon pies	1
Quick breads	2
Raw egg yolks, whites	12
Soups and stews	2 to 3
Yeast breads	6
Yeast dough	2 weeks

Note: When freezing liquids or foods with liquid, be sure to leave space in the container for expansion.

—adapted from Food Safety and Inspection Service, USDA

