

Freezer Storage Times {Cheat Sheet}

Breads & Desserts	Time
Baked bread and cookies	3 months
Cakes, pastries & doughnuts	3 months
Muffins and quick breads	3 months
Pancakes and waffles	3 months
Cookie or bread dough	1 month

Produce	Time
Fruits	1 year
Juices	1 year
Vegetables	8 months
Nuts	3 months

Dairy & Eggs	Time
Ice cream	2 months
Butter	9 months
Cheese	3 months
Eggs (raw, not in shells)	1 year
Milk	1 month

Meats	Time
Ground beef, pork & stew meats	4 months
Other beef (i.e., roasts, steaks)	1 year

Meats	Time
Lamb and veal	9 months
Ham	2 months
Pork chops	4 months
Pork roast or loin	8 months
Bacon and sausage	1 month

Poultry	Time
Chicken and turkey (whole)	1 year
Chicken and turkey (cuts)	6 months
Ground turkey or chicken	4 months

Seafood	Time
Fatty fish (i.e., mackerel, trout)	3 months
Lean fish (i.e., cod, flounder)	6 months
Crab	10 months
Lobster	1 year
Shrimp and scallops (unbreaded)	1 year

Miscellaneous	Time
Casseroles (cooked)	3 months
Pasta and rice (cooked)	3 months
Soups and stews	2 months

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