



# FREEZER GUIDE

*your guide to food storage times*

Turn your freezer into a mini pantry by freezing raw foods, such as meats, vegetables, cakes and muffins. Freezing home-made meals is also a great way of making sure you have delicious, nutritious food on hand whenever you need it.

Use our handy guide below to get the best out of freezing food, and to ensure you don't compromise quality or flavour.



## BREADS & DESSERTS

- Baked Bread, Rolls - 2-3 Months
- Unbaked Bread Rolls - 1 Month
- Baked Cookies - 2-3 Months
- Baked Cake (Not Iced) - 1 Month
- Baked Cake (Iced) - 2-3 Months
- Cheesecake - 2-3 Months
- Baked Muffins - 1 Month
- Pancakes - 3 Months
- Waffles - 1 Month

## DAIRY & EGGS

- Butter - 6-9 Months
- Margarine - 12 Months
- Cottage Cheese - 1 Month
- Hard Cheese - 6 Months
- Soft Cheese - 6 Months
- Ice Cream - 2 Months
- Yoghurt - 1-2 Months
- Eggs (Raw - No Shell) - 1 Month



## FRUITS & VEGETABLES

- Fruit (Citrus) - 3 Months
- Fruit (Other) - 1 Month
- Nuts - 3 Months
- Vegetables - 8-12 Month

## MEATS

- Lamb And Veal - 9 Months
- Pork Chops - 4-6 Months
- Pork Roasts - 4-12 Months
- Steaks - 6-12 Months
- Beef Chops - 4-6 Months
- Beef Roasts - 12 Months
- Chicken & Turkey (Whole) - 12 Months
- Chicken & Turkey (Parts) - 9 Months
- Minced Turkey, Pork - 3-4 Months
- Lamb and Veal - 9 Months
- Pork Chops - 4-6 Months
- Pork Roasts - 4-12 Months
- Steaks - 6-12 Months
- Beef Chops - 4-6 Months
- Beef Roasts - 12 Months
- Chicken & Turkey (Whole) - 12 Months
- Chicken & Turkey (Parts) - 9 Months
- Minced Turkey, Pork - 3-4 Months



## SEAFOOD



- Lean Fish - 6 Months
- Fatty Fish - 2-3 Months
- Cooked Fish - 4-6 Months
- Smoked Fish - 2 Months
- Shellfish - 2-3 Months
- Crayfish - 12 Months
- Crab - 10 Months
- Fresh Shrimp, Scallops - 3-6 Months
- Squid, Clams - 3-6 Months
- Clams, Mussels, Oysters (Live) - 2-3 Months
- Canned Seafood (Out Of Can) - 2 Months

## SOUPS, BROTHS & STEWS

(Store dishes, such as soups and stocks in air-tight containers)

- Meat Broth - 2-3 Months
- Meat Soups - 2-3 Months
- Stew Meats - 3-4 Months
- Vegetable Soups and Stews - 2-3 Months



## DRINKS

- Milk - 3-6 Months
- Juice (Home-made) - 6 Months
- Juice (Concentrate) - 12 Months

## MISCELLANEOUS

- Casseroles (Cooked) - 3 Months
- Casseroles with Eggs - 1-2 Months
- Rice (Cooked) - 3 Months
- Pasta (Cooked) - 3 Months
- Lunch Meals - 1-2 Months
- Pizza - 1-2 Months
- Spices and Herbs - 12 Months
- Tv Dinners - 3-4 Months



## WHAT NOT TO FREEZE



- Deli Products • Vacuum Packaged Products • Eggs In Shell • Hard Boiled Eggs • Coffee
- Mayonnaise • Sour Cream • Buttermilk • Cream Cheese • Pudding • Pie Custards
- Salads (Chicken, Ham, Tuna, Macaroni, Egg Salads) • Salad Dressings (Bottled)
- Unopened Canned Ham • Canned Fish • Pasta (Uncooked) • Rice (Uncooked) • Cereal
- Apples • Melons • Artichokes • Eggplant • Lettuce • Potatoes • (Other Than Mashed)
- Radishes • Sprouts • Carbonated Drinks • Beer

## ADDITIONAL TIPS



Your freezer temperature should be set at **0° F (-18° C)**.

For **proper freezing**, keep food packaged tightly.

No air should get in. Don't forget to **label** your frozen packages properly!