



Freezing Food Guide



Your freezer is a great partner in cutting food waste. Whenever you have more food than you can eat quickly, stick it in the freezer for later. That said, we've all wondered whether we should eat the lasagne that has been in there for six

months (or has it been eight months already?), and scratched our heads over the identity of that unlabeled block of ice.

Always package food carefully for freezing, to reduce freezer burn, and label it with a description and date. Then, with this handy chart from the National Frozen & Refrigerated Foods Association, you'll never have to guess whether that leftover chili will still taste good. Keep in mind that most frozen food stays safe to eat much longer than the times on the chart but flavor and texture go downhill with prolonged storage.

Things to Remember:

- * Keep your freezer no higher than 0°F. Use a refrigerator/freezer thermometer to be sure.
- * Clearly label and date food when you put it in the freezer.
- * Thaw food carefully, preferably at refrigerated temperatures less than 40°F.
- * Keep your freezer clean to prevent transfer of off-tastes and odors.

Item	Maximum Storage Time
Breads, cakes, and cookies	3 months
Casseroles, one-dish meals, and leftovers	2 to 3 months
Fish, fatty, uncooked	2 to 3 months
Fish, lean, uncooked	6 months
Fish, cooked	2 to 3 months
Frozen dinners and entrees	3 to 4 months
Fruit, uncooked	8 to 9 months
Fruit, cooked	2 to 3 months
Fruit juice concentrate	12 months
Red meat, uncooked roasts, steaks, chops	4 to 6 months
Red meat, uncooked ground	3 months
Red meat, cooked	2 to 3 months
Poultry, uncooked whole	12 months
Poultry, uncooked parts	9 months
Poultry, cooked	4 months
Shellfish, uncooked	3 to 6 months
Shellfish, cooked	2 to 3 months
Soups and stews	2 to 3 months
Vegetables, uncooked	8 to 9 months
Vegetables, cooked	2 to 3 months