

FREEZER FRIENDLY

How to make the most out of your freezer

MAKE FOOD LAST LONGER

A great way to make foods last longer is by utilizing your freezer. Many foods can be kept in the freezer for long periods of time. Refer to the chart on the back of this sheet for a guide on those storage times to maximize the usage of your food!

FREEZE COOKED RICE

Next time you cook some rice, make a big batch of it! Rice can be easily frozen to use in meals later on. Adding grains like rice to your dinner is a great way to bulk up your meals to make them stretch longer! Try freezing batches of cooked rice for an easy grab and go freezer item to round out your next meal.

FROM SCRAPS TO STOCK

You know those veggie scraps you end up with when prepping a meal? Start saving them! Keep a gallon size Ziploc bag or Tupperware in your freezer and place any veggie scraps that you acquire while cooking. Once your container is full you have all you need to make a delicious homemade vegetable stock. Dump your veggie scraps into a deep pot and fill with water. Let it simmer for about an hour then strain the veg scraps, reserving the liquid left behind. Just like that you have amazing homemade veggie stock! This can be used as the base for soups, as a substitute for chicken stock in recipes, or even sipped on a cold day to warm you up. Never throw those scraps away again! The stock can be stored in Ziploc bags in your freezer for when you need it!

MEALS TO LAST

Another great way to maximize your food is to freeze leftovers in portions for easy meals later on. If you make a big batch of soup or casserole, take the leftovers and pour into Ziploc bags. Place them flat in your freezer until they are completely frozen. This will maximize your storage space as well! Now you have easy meals to eat throughout the month. Just pull one of your portion sized bags out and let it defrost and reheat. Freezing any leftovers you have will help you create a stock pile in your freezer, giving you the comfort of knowing you will always have something to eat throughout the month.

STORAGE GUIDE

REFRIGERATOR & FREEZER STORAGE CHART

These short but safe time limits will help keep refrigerated food 40° F (4° C) from spoiling or becoming dangerous.

Since product dates aren't a guide for safe use of a product, consult this chart and follow these tips.

- Purchase the product before "sell-by" or expiration dates.
- Follow handling recommendations on product.
- Keep meat and poultry in its package until just before using.
- If freezing meat and poultry in its original package longer than 2 months, overwrap these packages with airtight heavy-duty foil, plastic wrap, or freezer paper; or place the package inside a plastic bag.

Because freezing 0° F (-18° C) keeps food safe indefinitely, the following recommended storage times are for quality only.

Product	Refrigerator	Freezer
Eggs		
Fresh, in shell	3 - 5 weeks	Don't freeze
Raw yolks, whites	2 - 4 days	1 year
Hard cooked	1 week	Don't freeze
Liquid pasteurized eggs or egg substitutes, opened	3 days	Don't freeze
unopened	10 days	1 year
TV Dinners, Frozen Casseroles		
Keep frozen until ready to heat		3 - 4 months
Deli & Vacuum-Packed Products		
Store-prepared (or homemade) egg, chicken, tuna, ham, macaroni salads	3 - 5 days	Don't freeze
Pre-stuffed pork & lamb chops, chicken breasts stuffed w/dressing	1 day	Don't freeze
Store-cooked convenience meals	3 - 4 days	Don't freeze
Commercial brand vacuum-packed dinners with USDA seal, unopened	2 weeks	Don't freeze
Raw Hamburger, Ground & Stew Meat		
Hamburger & stew meats	1 - 2 days	3 - 4 months
Ground turkey, veal, pork, lamb	1 - 2 days	3 - 4 months
Ham, Corned Beef		
Corned beef in pouch with pickling juices	5 - 7 days	Drained, 1 month
Ham, canned, labeled "Keep Refrigerated," unopened	6 - 9 months	Don't freeze
opened	3 - 5 days	1 - 2 months
Ham, fully cooked, whole	7 days	1 - 2 months
Ham, fully cooked, half	3 - 5 days	1 - 2 months
Ham, fully cooked, slices	3 - 4 days	1 - 2 months
Hot Dogs & Lunch Meats (in freezer wrap)		
Hot dogs, opened package	1 week	1 - 2 months
unopened package	2 weeks	1 - 2 months
Lunch meats, opened package	3 - 5 days	1 - 2 months
unopened package	2 weeks	1 - 2 months

Product	Refrigerator	Freezer
Soups & Stews		
Vegetable or meat-added & mixtures of them	3 - 4 days	2 - 3 months
Bacon & Sausage		
Bacon	7 days	1 month
Sausage, raw from pork, beef, chicken or turkey	1 - 2 days	1 - 2 months
Smoked breakfast links, patties	7 days	1 - 2 months
Fresh Meat (Beef, Veal, Lamb, & Pork)		
Steaks	3 - 5 days	6 - 12 months
Chops	3 - 5 days	4 - 6 months
Roasts	3 - 5 days	4 - 12 months
Variety meats (tongue, kidneys, liver, heart, chitterlings)	1 - 2 days	3 - 4 months
Meat Leftovers		
Cooked meat & meat dishes	3 - 4 days	2 - 3 months
Gravy & meat broth	1 - 2 days	2 - 3 months
Fresh Poultry		
Chicken or turkey, whole	1 - 2 days	1 year
Chicken or turkey, parts	1 - 2 days	9 months
Giblets	1 - 2 days	3 - 4 months
Cooked Poultry, Leftover		
Fried chicken	3 - 4 days	4 months
Cooked poultry dishes	3 - 4 days	4 - 6 months
Pieces, plain	3 - 4 days	4 months
Pieces covered with broth, gravy	3 - 4 days	6 months
Chicken nuggets, patties	3 - 4 days	1 - 3 months
Fish & Shellfish		
Lean fish	1 - 2 days	6 - 8 months
Fatty fish	1 - 2 days	2 - 3 months
Cooked fish	3 - 4 days	4 - 6 months
Smoked fish	14 days	2 months
Fresh shrimp, scallops, crawfish, squid	1 - 2 days	3 - 6 months
Canned seafood (Pantry, 5 years)	after opening 3 - 4 days	out of can 2 months



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