

Frozen Shelf Life of Foods

| Meat (Beef, Pork, Veal, Lamb) | Frozen (0°F/-18°C or below) |
|--|--|
| Steaks – uncooked | 6 – 12 months |
| Chops – uncooked | 4 – 6 months |
| Roasts – uncooked | 6 – 9 months |
| Liver, variety meats – uncooked | 3 – 4 months |
| Ground Meat – uncooked | 3 – 4 months |
| All Above Meats – cooked | 2 – 3 months |

| Poultry (Chicken, Turkey) | Frozen (0°F/-18°C or below) |
|--|--|
| Poultry, whole – uncooked | 1 year |
| Poultry, pieces (breast, thighs, legs, wings, etc.) – uncooked | 9 months |
| Giblets – uncooked | 3 – 4 months |
| Ground Poultry – uncooked | 2 – 3 months |
| All Above Poultry – cooked | 2 – 3 months |
| Fried Chicken – cooked | 4 months |
| Chicken Nuggets, Patties | 1 – 3 months |

| Fish, Shellfish | Frozen (0°F/-18°C or below) |
|---|--|
| Lean Fish – cod, flounder, haddock, sole, etc. – uncooked | 6 months |
| Fatty Fish – salmon, bluefish, mackerel, etc. – uncooked | 2 – 3 months |
| All Fish – cooked | 4 – 6 months |
| Clams, oysters, mussels – shucked, cooked | 3 months |
| Shrimp, Crayfish, Squid, Shucked Clams & Mussels – shucked uncooked | 3 – 6 months |
| Crab – cooked | 2 months |
| Lobster Tails – uncooked | 3 months |

Frozen Shelf Life of Foods

| Hot Dogs, Luncheon Meat | Frozen (0°F/-18°C or below) |
|------------------------------------|---------------------------------------|
| Hot Dogs | 1 – 2 months |
| Luncheon Meats | 1 – 2 months |

| Bacon, Sausage, Tamales | Frozen (0°F/-18°C or below) |
|--|---------------------------------------|
| Bacon, Pancetta | 1 month |
| Sausage | 1 – 2 months |
| Summer Sausage labeled “Keep Refrigerated” | 1 – 2 months |
| Pepperoni, Jerky Sticks | 1 – 2 months |
| Tamales | 6 months |

| Ham, Corned Beef | Frozen (0°F/-18°C or below) |
|---|---------------------------------------|
| Fresh Ham, uncured – uncooked | 6 months |
| Fresh Ham, cured – uncooked | 3 – 4 months |
| Ham, whole, store wrapped – cooked | 1 – 2 months |
| Ham, half, store wrapped – cooked | 1 – 2 months |
| Ham, sliced, store wrapped – cooked | 1 – 2 months |
| Ham, vacuum sealed, unopened or opened – cooked | 1 – 2 months |
| Ham, canned labeled “Keep Refrigerated” – opened | 1 – 2 months |
| Corned Beef | 1 month, drained |

Frozen Shelf Life of Foods

| Dairy | Frozen (0°F/-18°C or below) |
|---------------------------------------|---------------------------------------|
| Cheese, hard (such as Cheddar, Swiss) | 6 months |
| Parmesan Cheese, grated | 1 – 2 months |
| Cheese, soft (such as Brie) | 6 months |
| Cottage/Ricotta Cheese | Do Not Freeze |
| Cream Cheese | Do Not Freeze |
| Cream, whipped and sweetened | 1 – 2 months |
| Half & Half Cream | 4 months |
| Butter | 4 months |
| Margarine, Spread Substitutes | 3 months |
| Whipped Butter or Margarine | Do Not Freeze |
| Milk | 1 month |
| Eggnog, store bought | 6 months |
| Sour Cream | Do Not Freeze |
| Ice Cream, Sorbets | 1 – 2 months |
| Yogurt | 1 – 2 months |
| Pudding | Do Not Freeze |

| Eggs, Mayonnaise | Frozen (0°F/-18°C or below) |
|----------------------------|---------------------------------------|
| Fresh, in shell | Do Not Freeze |
| Egg Whites – uncooked | 1 year |
| Egg Yolks – uncooked | Do Not Freeze |
| Hard Cooked Eggs | Do Not Freeze |
| Egg Substitutes – unopened | 1 year |
| Egg Substitutes – opened | Do Not Freeze |
| Mayonnaise | Do Not Freeze |

Frozen Shelf Life of Foods

| Soups, Stews, Gravy | Frozen (0°F/-18°C or below) |
|----------------------------|---------------------------------------|
| Chili | 2 – 3 months |
| Soup, broth based | 2 – 3 months |
| Soup, cream based | Do Not Freeze |
| Stock | 2 – 3 months |
| Stews | 2 – 3 months |
| Gravy | 2 – 3 months |
| Broth | 2 – 3 months |

| Pizza, Stuffing | Frozen (0°F/-18°C or below) |
|------------------------|---------------------------------------|
| Pizza | 1 – 2 months |
| Stuffing | 1 month |

| Breads | Frozen (0°F/-18°C or below) |
|--|---------------------------------------|
| Breads, Rolls – unbaked dough | 2 months |
| Bread, fresh baked | 3 months |
| Muffins, Rolls, Quick Bread, Bagels, English Muffins - baked | 1 – 2 months |
| Pancakes, Waffles - cooked | 1 – 2 months |
| Pastries, Danish, Doughnuts - baked | 3 months |
| Tortillas (corn and flour) | 3 months |

Frozen Shelf Life of Foods

| Cakes, Brownies | Frozen (0°F/-18°C or below) |
|------------------------|---------------------------------------|
| Angel Food, Sponge | 4 – 6 months |
| Cheesecake | 4 – 6 months |
| Fruit Cakes | 1 year |
| Brownies | 2 – 4 months |
| Layered Cakes, frosted | 2 – 4 months |

| Staples, Pantry Items | Frozen (0°F/-18°C or below) |
|------------------------------|---------------------------------------|
| Candy | 6 months |
| Crackers | 3 months |
| Flour | 1 year |
| Nuts | 2 years |
| Tofu | 5 months |
| Yeast | 1 – 2 years |

| Pies | Frozen (0°F/-18°C or below) |
|-----------------------------------|---------------------------------------|
| Ready-to-bake Pie Crust - unbaked | 2 months |
| Pie Crust, homemade - unbaked | 2 months |
| Pumpkin Pie | 1 month |
| Chiffon Pie | 1 month |
| Fruit Pies – unbaked | 8 months |
| Fruit Pies – baked | 1 year |
| Custard Pies | Do Not Freeze |
| Nut Pies | 6 months |

| Cookies | Frozen (0°F/-18°C or below) |
|---------------------------------------|---------------------------------------|
| Cookies, homemade – unbaked dough | 6 months |
| Cookies, store bought – unbaked dough | 2 months |
| Cookies - baked | 4 – 6 months |

Frozen Shelf Life of Foods

| Fruit | Frozen (0°F/-18°C or below) |
|---|--------------------------------|
| Frozen, store bought | 1 year |
| Canned Fruit – opened | 1 – 2 months |
| Dried Fruit | 12 months |
| Apples | Do not Freeze |
| Apricots, Grapes, Nectarines, Peaches, Pears, Plums | 6 months |
| Avocados | Do Not Freeze |
| Bananas | Do Not Freeze |
| Berries, Cherries | 12 months |
| Citrus Fruit and Juice | 6 months |
| Cranberries | 8 – 12 months |
| Melons | 8 – 12 months |
| Pineapple | 12 months |

| Vegetables | Frozen (0°F/-18°C or below) |
|---|--------------------------------|
| Frozen, store bought | 1 year |
| Asparagus | 8 – 12 months |
| Beets, Carrots | 8 – 12 months |
| Beans, Lima Beans, Peas, Summer Squash | 8 – 12 months |
| Bell Peppers – chopped | 3 – 4 months |
| Broccoli Cuts | 8 – 12 months |
| Cauliflower | 8 – 12 months |
| Celery | 8 – 12 months |
| Chilies | 8 – 12 months |
| Corn | 8 – 12 months |
| Garlic – chopped | 8 – 12 months |
| Greens: Collards, Kale, Mustard, Spinach, Swiss Chard | 8 – 12 months |
| Green Beans | 8 – 12 months |
| Herbs | 8 – 12 months |
| Mushrooms | 8 – 12 months |
| Onions – chopped | 3 – 4 months |
| Tomatoes – quartered | 3 – 4 months |