



Freezer -18 C (0 F) Storage Guidelines

Use freezer wrapping or airtight containers. Freeze fresh food at its peak condition.

DAIRY PRODUCTS AND FATS

Butter — salted	1 year
— unsalted	3 months
Cheese - firm, processed	3 months
Cream - table, whipping (separates when thawed)	1 month
Ice cream	1 month
Margarine	6 months
Milk	6 weeks

FISH AND SHELLFISH

Fish (fat species: lake trout, mackerel, salmon)	2 months
Fish (lean species: cod, haddock, pike, smelt)	6 months
Shellfish	2-4 months

FRUITS AND VEGETABLES 1 year

MEAT, POULTRY AND EGGS

Uncooked

Beef (roasts, steaks)	10-12 months
Chicken, turkey - cut up	6 months
- whole	1 year
Cured or smoked meat	1-2 months
Duck, goose	3 months
Eggs (whites, yolks)	4 months
Ground meat	2-3 months
Lamb (chops, roasts)	8-12 months
Pork (chops, roasts)	8-12 months
Sausages, wieners	2-3 months
Variety meats, giblets	3-4 months
Veal (chops, roasts)	8-12 months



Cooked

All meat	2-3 months
All poultry.....	1-3 months
Casseroles, meat pies	3 months
Squash (summer)	1 week

MISCELLANEOUS FOODS

Bean, lentil, pea casseroles	3-6 months
Breads (baked or unbaked, yeast).....	1 month
Cakes, cookies (baked)	4 months
Herbs	1 year
Pastries, quick bread (baked)	1 month
Pastry crust (unbaked)	2 months
Pie (fruit, unbaked)	6 months
Sandwiches.....	6 weeks
Soups (stocks, cream)	4 months

These are some general guidelines for the shelf life of common foods. Read the label and check best before dates if applicable. Most foods are safe to eat if stored longer, but flavor and nutritional value will deteriorate. Discard if there is evidence of spoilage and when in doubt, throw out!