



Freezer Guide

FOOD	STORAGE TIME	SPECIAL TIPS
BREADS, MUFFINS	Up to 1 month	Cool completely before freezing. To thaw, loosen wrap and let sit at room temp 2-3 hours. To heat, wrap in foil, reheat 350 degrees 15-20 minutes.
VEGETABLES	Up to 6 months	Blanch before freezing. Remove as much air as possible from package before freezing. Vegetables with lots of water like salad greens and tomatoes do not freeze well. Do not freeze deep fried vegetables.
FRUITS	Up to 6 months	Freeze loose small fruits in single layer on cookie sheet until firm; then package in airtight freezer bag or container and freeze. Thaw in refrigerator.
SAUCES	Up to 3 months	Most sauces will separate after being frozen. If mixed with other ingredients, freezing quality will increase. Sauces with cornstarch and cheese lose quality fastest. Leave some head space for expansion when freezing in plastic containers.
CASSEROLES	Up to 3 months	Cornstarch sauces can be frozen when mixed with other ingredients in a casserole. Slightly undercook casseroles, as they will finish cooking during reheating.
SOUPS	Up to 6 months	Cool completely, skim off fat. Place in plastic containers, leaving 1/2" head space for expansion.
MEATS	Fresh: 1 year Cured: 1 month	Do NOT refreeze thawed meats. If you thaw frozen meat, cook it in some form, then it can be refrozen. Cured meats should be frozen for just one month. Do NOT freeze stuffed chicken or turkey. Make sure to reform ground beef into thin patties before freezing for quick thawing.
FISH	Up to 3 months	Wrap tightly in heavy duty freezer wrap or plastic bags. Thaw overnight in refrigerator before cooking.
COOKED PASTAS	Up to 2 months	Cooked pastas lose quality when frozen. Undercook and freeze in a sauce for best results. Thaw overnight in refrigerator before reheating.