Freezer Times

BEST QUALITY AT 0 °F

COOKED & LEFTOVERS

Soups & stews	**2–3 mo**
Cooked meat, poultry	**2–6 mo**
Pizza	**1–2 mo**
Egg casseroles, baked	**2–3 mo**

RAW MEAT & POULTRY

Ground meat	**3–4 mo**
Steaks, chops, roasts	**4–12 mo**
Chicken pieces	**9 mo**
Whole chicken	**1 yr**

BACON, SAUSAGE & DELI

Bacon	**1 mo**
Sausage, hot dogs	**1–2 mo**
Lunch meat	**1–2 mo**

FISH & SEAFOOD

Lean fish	**6–8 mo**
Fatty fish	**2–3 mo**
Shrimp	**6–18 mo**

Don't freeze: eggs in the shell, egg or tuna salads

Label with name + date · Thaw in the fridge

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