keep this by the freezer

How Long Food Lasts in the Freezer

BEST QUALITY AT 0 °F · FROZEN FOOD STAYS SAFE LONGER

COOKED MEALS & LEFTOVERS

Soups & stews	**2–3 mo**
Cooked meat or poultry	**2–6 mo**
Chicken nuggets or patties	**1–3 mo**
Pizza	**1–2 mo**
Egg casseroles, baked	**2–3 mo**
Quiche, baked	**2–3 mo**
Pumpkin or pecan pie	**1–2 mo**

RAW MEAT & POULTRY

Ground meat or poultry	**3–4 mo**
Steaks	**4–12 mo**
Chops	**4–12 mo**
Roasts	**4–12 mo**
Chicken or turkey pieces	**9 mo**
Whole chicken or turkey	**1 yr**
Fresh ham, uncooked	**6 mo**

BACON, SAUSAGE & DELI

Bacon	**1 mo**
Raw sausage	**1–2 mo**
Cooked sausage	**1–2 mo**
Hot dogs	**1–2 mo**
Lunch meat	**1–2 mo**
Cooked ham, sliced	**1–2 mo**

FISH & SEAFOOD

Lean fish (cod, flounder)	**6–8 mo**
Fatty fish (salmon, tuna)	**2–3 mo**
Shrimp	**6–18 mo**
Crab or lobster meat	**2–4 mo**
Shucked clams, scallops	**3–4 mo**

EGGS

Raw yolks & whites, beaten	**12 mo**
Store-bought eggnog	**6 mo**

DO NOT FREEZE

- Eggs in the shell
- Hard-cooked eggs
- Egg, tuna & chicken salads
- Custard & chiffon pies

✓ Label with name + date ✓ Thaw in the fridge, cold water or microwave ✓ Reheat leftovers to 165 °F

MY FREEZER NOTES

Times from the FoodSafety.gov Cold Food Storage Chart · thesnugnook.com