



The Ultimate FREEZER STORAGE GUIDE

Tupperware

HOW LONG DOES FROZEN FOOD LAST AT 0°F/-18°C OR BELOW?

MEAT




6 months

- Steaks (uncooked)

4 months

- Chops (uncooked)
- Ground Meat (uncooked)
- Roasts (uncooked)

POULTRY



2-3 months

- Cooked Meats & Casseroles
- Poultry, pieces (breast, thighs—uncooked)
- Poultry, whole (uncooked)

FISH



6 months

- All Fish (cooked)
- Lean Fish (cod, flounder, haddock, etc.—uncooked)
- Shrimp, Crayfish, Squid, Clams & Mussels (shucked, peeled—uncooked)

HAM & COLD CUTS



2 months

- Ham, whole, store wrapped (cooked)
- Hot Dogs
- Luncheon Meats
- Sausage
- Pepperoni

1 month

- Bacon

EGGS



1 year

- Egg Substitute (unopened)
- Egg Whites

Do not freeze

- Egg Substitutes (opened)
- Egg Yolks (uncooked)
- Fresh (in shell)
- Hard Cooked Eggs

3 months

- Clams, Oysters & Mussels (shucked—cooked)
- Fatty Fish (salmon, bluefish, mackerel—uncooked)
- Lobster Tails (uncooked)

2 months

- Crab (cooked)



