



# FROZEN FOOD STORAGE

This guide has everything you need to know about how to properly store food in your freezer, so that you can cook more and save more.

KEY



FREEZE



THAWED



USE IN

PRODUCE (CONTINUED)

**LEAFY GREENS (SPINACH, KALE, CHARD)**  
8 MONTHS



Remove stems, blanch 2-4 min, squeeze out all excess water, chop, portion into bags

Taste and texture will be the same as when blanched

Smoothies, soups, bakes, frittatas, omelets

**MELONS**  
9 TO 12 MONTHS



Chop and spread on a tray. When frozen, transfer to bags and refreeze

Melon will become soft

Smoothies, fruit soups

**MUSHROOMS**  
9 TO 12 MONTHS



Cook, cool, and portion into bags or containers

Taste and texture will be the same as when cooked

Sautés, stir-fries, frittatas, omelets, bakes, soups, stews

**OKRA**  
8 MONTHS



Blanch 3-4 min, portion into bags

Taste and texture will be the same as when blanched

Gumbo, stews, sautés, fried

**ONIONS**  
3 TO 6 MONTHS



Chop and double bag to prevent odors from escaping

Onions will lose their crispness and release water

Soups, stews, stock, sautés, stir-fries

**PEAS**  
12 MONTHS



Shell, blanch 1-2 min, portion into bags

Taste and texture will be the same as when blanched

Sautés, stir-fries, soups, frittatas, omelets, bakes

**PEPPERS, SWEET BELL & HOT**  
3 TO 4 MONTHS



Stem, remove membranes, chop, spread on a tray. When frozen, transfer to bags and refreeze

Peppers will develop ice crystals, so for best quality, use as soon as possible. They will get soft the longer they freeze.

Sautés, stir-fries, soups, bakes, frittatas, omelets

**TOMATOES**  
3 TO 4 MONTHS



Cut out the 'scar' where the stem was attached. Portion into bags or containers

Tomatoes will become mushy

Dice or puree for soups, stews, sauces

**ZUCCHINI & SUMMER SQUASHES**  
8 MONTHS



Chop, blanch 3 min, then portion into bags

Summer squashes will become a little soft

Soups, stews, bakes, sautés, frittatas, omelets

**WINTER SQUASHES**  
9 TO 12 MONTHS



Cube and cook by roasting, steaming, or boiling. (Optional: puree or mash)

Taste and texture will be the same as when cooked

Soups, stews, bakes, dips, baked goods (pumpkin)

**BACON & PANCETTA**  
6 MONTHS



In an air-tight bag or container

Taste and texture will be the same as before freezing

Use as you would use fresh bacon

**BEEF**  
COOKED 2 TO 3 MONTHS  
FRESH 6 TO 8 MONTHS



In an air-tight bag or container

Cooked - will lose some moisture; Fresh - same as before freezing

Cooked - sautés, stir-fries, soups, stews, bakes; Fresh - use as you would unfrozen

**DELI MEATS**  
2 TO 3 MONTHS



In an air-tight bag or container

Same as before freezing

Grilled cheese sandwiches, melts, chopped for omelets, frittatas, bakes

PROTEINS

**HAM**  
6 TO 8 MONTHS



In an air-tight bag or container

Same as before freezing

Use as you would use fresh ham

**GROUND MEAT**  
COOKED 2 TO 3 MONTHS  
FRESH 6 TO 8 MONTHS



In an air-tight bag or container

Same as before freezing

Burger patties, meatloaf, sautés, soups, stews, frittatas, omelets, bakes

**FISH**  
COOKED OR FRESH  
6 TO 9 MONTHS



In an air-tight bag or container

Cooked - will lose some moisture; Fresh - same as before freezing

Cooked - sautés, stir-fries, soups, bakes; Fresh - use as you would unfrozen

**NUTS**  
1 TO 2 YEARS



In an air-tight bag, so that odors will not get in

Toast to add crispness, but taste and texture will be the same as before freezing

Salads, baked goods, and garnish on sautés, stir-fries, frittatas

**PORK**  
COOKED 2 TO 3 MONTHS  
FRESH 6 TO 8 MONTHS



In an air-tight bag or container

Cooked - will lose some moisture; Fresh - same as before freezing

Cooked - sautés, stir-fries, soups, stews, bakes; Fresh - use as you would unfrozen

**POULTRY**  
COOKED 4 MONTHS  
FRESH 9 TO 12 MONTHS



In an air-tight bag or container

Cooked - will lose some moisture; Fresh - same as before freezing

Cooked - sautés, stir-fries, soups, stews, bakes; Fresh - use as you would unfrozen

**SAUSAGES, COOKED**  
6 TO 8 MONTHS



In an air-tight bag or container

Taste and texture will be the same as before freezing

Use as you would use unfrozen cooked sausages

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KEY		PREPARED FOODS	
 FREEZE	 THAWED	 TOFU 3 TO 5 MONTHS	 BREAD & BAKED GOODS 3 TO 6 MONTHS
 USE IN		 TEMPEH 12 MONTHS	 BEANS 9 TO 12 MONTHS
 CANNED TOMATOES 2 TO 3 MONTHS	 SHRIMP 6 TO 8 MONTHS	 PASTA & NOODLES 6 TO 8 MONTHS	 BREAD & BAKED GOODS 3 TO 6 MONTHS
 TOMATO PASTE 2 TO 3 MONTHS	 CASSEROLES 3 TO 4 MONTHS	 PESTO 8 MONTHS   WITH CHEESE 4 MONTHS	 RICE & GRAINS 4 TO 6 MONTHS
 TORTILLAS 6 TO 8 MONTHS	 TOFU 3 TO 5 MONTHS	 PIZZA 4 TO 6 MONTHS	 SOUPS & STEWS 6 MONTHS
	 TEMPEH 12 MONTHS	 PASTA & NOODLES 6 TO 8 MONTHS	
	 SHRIMP 6 TO 8 MONTHS	 PESTO 8 MONTHS   WITH CHEESE 4 MONTHS	
	 CASSEROLES 3 TO 4 MONTHS	 PIZZA 4 TO 6 MONTHS	
	 TORTILLAS 6 TO 8 MONTHS	 RICE & GRAINS 4 TO 6 MONTHS	
	 TOFU 3 TO 5 MONTHS	 SOUPS & STEWS 6 MONTHS	
	 TEMPEH 12 MONTHS		
	 SHRIMP 6 TO 8 MONTHS		
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