

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	PRODUCE									
	BUTTER	CHEESE	EGGS	MILK	YOGURT	APPLES	CARROTS	BROCCOLI	BERRIES	GREEN BEANS
FREEZE	6 TO 9 MONTHS	6 MONTHS	12 MONTHS	3 TO 6 MONTHS	1 TO 2 MONTHS	12 MONTHS	6 TO 8 MONTHS	6 TO 8 MONTHS	6 TO 8 MONTHS	6 TO 8 MONTHS
THAWED	Whole or portioned, wrapped tightly	Shredded, portioned into bags	Beat with a pinch of salt, and pour into ice cube tray	Portion into serving size containers with space for liquid to expand	Portion into serving size containers with space to expand	Make into applesauce by cooking and pureeing. Cool and portion into bags or containers	Chop, blanch 2 min, portion into bags	Chop, blanch 3 min, portion into bags	Blanch 3 min, portion into bags	Blanch 3 min, portion into bags
USE IN	Taste and texture the same as before freezing, if used within 6 months of freezing	Hard cheeses will be crumbly, soft cheeses will be grainy	Yolks get thick like paste, which is why salt added before freezing slows down the thickening	Milk will have separated into chunks and water, so whisk together water, so whisk together	Thicker yogurt will separate into chunks and water, so whisk together	Taste and texture will be the same as before freezing	Taste and texture will be the same as when blanched	Taste and texture will be the same as when blanched	Taste and texture will be the same as when blanched	Taste and texture will be the same as when blanched
	Use as you would use fresh butter	Pastas, soups, bakes, frittatas	Frittatas, omelets, breadings veggies or meats	Creamy soups, oatmeal	Baked goods, oatmeal, smoothies, dips, sauces	Baked goods, oatmeal	Sautéés, stir-fries, soups, stews, bakes, frittatas, omelets	Sautéés, stir-fries, soups, stews, bakes, frittatas, omelets	Sautéés, stir-fries, soups, bakes, frittatas, omelets	Sautéés, stir-fries, soups, bakes, frittatas, omelets
ASPARAGUS	AVOCADOS	BANANAS	BEETS	BROCCOLI	BERRIES	CARROTS	CHEESE	CORN	GRAPES	GREEN BEANS
8 TO 10 MONTHS	4 TO 5 MONTHS	8 MONTHS	12 MONTHS	6 TO 8 MONTHS	6 TO 8 MONTHS	6 TO 8 MONTHS	12 MONTHS	10 TO 12 MONTHS	3 TO 5 MONTHS	6 TO 8 MONTHS
DAILY	Blanch 2-4 min, spread on a tray. When frozen, transfer to bags and refreeze	Peel and mash or puree with a bit of lemon juice	Chop or mash, and portion into bags	Cook and cool. Chop and portion into bags or containers	Spread on a tray. When frozen, transfer to bags and refreeze	Chop, blanch 2 min, portion into bags	Blanch 3 min, portion into bags	Blanch 3 min, portion into bags	Blanch 3 min, portion into bags	Blanch 3 min, portion into bags
	Taste and texture will be the same as when blanched	Surface will turn brown	Frozen bananas will turn brown	Taste and texture will be the same as when cooked	Berries will get mushy and release liquid	Taste and texture will be the same as when blanched	Taste and texture will be the same as when blanched	Taste and texture will be the same as when blanched	Taste and texture will be the same as when blanched	Taste and texture will be the same as when blanched
	Sautéés, stir-fries, soups, bakes	Dips, spreads, baked goods	Baked goods, oatmeal, smoothies	Soups, sautés	Baked goods, smoothies, fruit soups	Sauvéés, stir-fries, soups, stews, bakes, frittatas, omelets	Sauvéés, stir-fries, soups, bakes, frittatas, omelets	Sauvéés, stir-fries, soups, bakes, frittatas, omelets	Sauvéés, stir-fries, soups, bakes, frittatas, omelets	Sauvéés, stir-fries, soups, bakes, frittatas, omelets
CAULIFLOWER	CELERY	CORN	GARLIC	GRAPES	GREEN BEANS	HERBS	APPLES	CARROTS	BROCCOLI	BERRIES
6 TO 8 MONTHS	6 TO 8 MONTHS	6 TO 8 MONTHS	10 TO 12 MONTHS	3 TO 5 MONTHS	6 TO 8 MONTHS	12 MONTHS	12 MONTHS	6 TO 8 MONTHS	6 TO 8 MONTHS	12 MONTHS
	Chop, blanch 3 min, portion into bags	Remove kernels and blanch 4 min. Spread on a tray. When frozen, transfer to bags and refreeze	Peeled or unpeeled individual cloves. Or peel, chop, and double bag to prevent odors from escaping	Spread on a tray. When frozen, transfer to bags and refreeze	Remove stems, chop, pack tightly into ice cube tray, and fill with water, oil, or broth. Once frozen, pop out of trays and store in bags or containers	Chop, blanch 2 min, portion into bags	Chop, blanch 3 min, portion into bags	Chop, blanch 2 min, portion into bags	Chop, blanch 3 min, portion into bags	Chop, blanch 3 min, portion into bags
	Taste and texture will be the same as when blanched	Sautéés, stir-fries, soups, stews, bakes, frittatas	Garlic will lose its strong flavor	Taste and texture will be the same as when blanched	Taste will be the same as before freezing	Taste and texture will be the same as when blanched	Taste and texture will be the same as when blanched	Taste and texture will be the same as when blanched	Taste and texture will be the same as when blanched	Taste and texture will be the same as when blanched
	Sautéés, stir-fries, soups, stews, bakes, frittatas, omelets	Sautéés, stir-fries, soups, stews, bakes, frittatas	Use as you would use fresh garlic	Eat frozen like a popsicle or use in smoothies	Add to sautés, stir-fries, frittatas, omelets, bakes, soups, stews	Baked goods, oatmeal	Creamy soups, oatmeal	Baked goods, oatmeal	Baked goods, oatmeal	Baked goods, oatmeal

FROZEN FOOD STORAGE

2

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		PRODUCE (CONTINUED)		PROTEINS		POULTRY		SAUSAGES, COOKED	
FREEZE	THAWED	USE IN							
			MELONS 8 MONTHS	MUSHROOMS 9 TO 12 MONTHS	OKRA 8 MONTHS	ONIONS 3 TO 6 MONTHS	PEAS 12 MONTHS	BEEF COOKED 2 TO 3 MONTHS FRESH 6 TO 8 MONTHS	POULTRY COOKED 4 MONTHS FRESH 9 TO 12 MONTHS
			LEAFY GREENS (SPINACH, KALE, CHARD) 8 MONTHS	Cool, cool, and portion into bags or containers	Cool and spread on a tray. When frozen, transfer to bags and refreeze	Blanch 3-4 min, portion into bags	Shell, blanch 1-2 min, portion into bags	In an air-tight bag or container	In an air-tight bag or container
			Peppers, Sweet Bell & Hot 3 TO 4 MONTHS	Cut out the 'scar' where the stem was attached. Portion into bags or containers	Tomatoes 3 TO 4 MONTHS	ZUCCHINI & SUMMER SQUASHES 8 MONTHS	WINTER SQUASHES 9 TO 12 MONTHS	Cube and cook by roasting, steaming, or boiling. (Optional: puree or mash)	Cube and cook by roasting, steaming, or boiling. (Optional: puree or mash)
			PEPPERS, SWEET BELL & HOT 3 TO 4 MONTHS	Peppers will develop ice crystals, so for best quality, use as soon as possible. They will get soft the longer they freeze.	Tomatoes 3 TO 4 MONTHS	ZUCCHINI & SUMMER SQUASHES 8 MONTHS	WINTER SQUASHES 9 TO 12 MONTHS	Taste and texture will be the same as when cooked	Taste and texture will be the same as before freezing
			GROUND MEAT COOKED 2 TO 3 MONTHS FRESH 6 TO 8 MONTHS	In an air-tight bag or container	FISH COOKED OR FRESH 6 TO 9 MONTHS	NUTS 1 TO 2 YEARS	PORK COOKED 2 TO 3 MONTHS FRESH 6 TO 8 MONTHS	In an air-tight bag or container	In an air-tight bag or container
			HAM 6 TO 8 MONTHS	In an air-tight bag or container	In an air-tight bag or container	In an air-tight bag or container	PORK COOKED 2 TO 3 MONTHS FRESH 6 TO 8 MONTHS	In an air-tight bag or container	In an air-tight bag or container
			PEAS 12 MONTHS	Same as before freezing	Cooked - will lose some moisture; Fresh - same as before freezing	Cooked - will lose some moisture; Fresh - same as before freezing	BEEF COOKED 2 TO 3 MONTHS FRESH 6 TO 8 MONTHS	Cooked - will lose some moisture; Fresh - same as before freezing	Cooked - will lose some moisture; Fresh - same as before freezing
			OKRA 8 MONTHS	Same as when blanched	Cooked - sautés, stir-fries, soups, bakes, dips, baked goods (pumpkin)	Cooked - sautés, stir-fries, soups, bakes, dips, baked goods (pumpkin)	ONIONS 3 TO 6 MONTHS	Cooked - sautés, stir-fries, soups, bakes, dips, baked goods (pumpkin)	Cooked - sautés, stir-fries, soups, bakes, dips, baked goods (pumpkin)
			ONIONS 3 TO 6 MONTHS	Taste and texture will be the same as when blanched	Soups, stews, stock, sautés, stir-fries	Soups, stews, stock, sautés, stir-fries	PEAS 12 MONTHS	Sauvages, stir-fries, soups, frittatas, omelets, bakes	Sauvages, stir-fries, soups, frittatas, omelets, bakes
			PEAS 12 MONTHS	Taste and texture will be the same as when blanched	Sauvages, stir-fries, soups, frittatas, omelets, bakes	Sauvages, stir-fries, soups, frittatas, omelets, bakes	OKRA 8 MONTHS	Gumbo, stews, sautés, fried omelets, bakes, soups, stews	Gumbo, stews, sautés, fried omelets, bakes, soups, stews
			OKRA 8 MONTHS	Taste and texture will be the same as when blanched	Gumbo, stews, sautés, fried omelets, bakes, soups, stews	Gumbo, stews, sautés, fried omelets, bakes, soups, stews	MELONS 9 TO 12 MONTHS	Gumbo, stews, sautés, fried omelets, bakes, soups, stews	Gumbo, stews, sautés, fried omelets, bakes, soups, stews
			MELONS 9 TO 12 MONTHS	Melon will become soft	Mushrooms 9 TO 12 MONTHS	Mushrooms 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	Mushrooms 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS
			MELONS 9 TO 12 MONTHS	Melon will become soft	Mushrooms 9 TO 12 MONTHS	Mushrooms 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	Mushrooms 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS
			MELONS 9 TO 12 MONTHS	Mushrooms 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS
			MELONS 9 TO 12 MONTHS	Mushrooms 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS
			MELONS 9 TO 12 MONTHS	Mushrooms 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS
			MELONS 9 TO 12 MONTHS	Mushrooms 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS
			MELONS 9 TO 12 MONTHS	Mushrooms 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS
			MELONS 9 TO 12 MONTHS	Mushrooms 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS
			MELONS 9 TO 12 MONTHS	Mushrooms 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS
			MELONS 9 TO 12 MONTHS	Mushrooms 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS
			MELONS 9 TO 12 MONTHS	Mushrooms 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS
			MELONS 9 TO 12 MONTHS	Mushrooms 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS
			MELONS 9 TO 12 MONTHS	Mushrooms 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS
			MELONS 9 TO 12 MONTHS	Mushrooms 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS
			MELONS 9 TO 12 MONTHS	Mushrooms 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS
			MELONS 9 TO 12 MONTHS	Mushrooms 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS
			MELONS 9 TO 12 MONTHS	Mushrooms 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS
			MELONS 9 TO 12 MONTHS	Mushrooms 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS
			MELONS 9 TO 12 MONTHS	Mushrooms 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS
			MELONS 9 TO 12 MONTHS	Mushrooms 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS
			MELONS 9 TO 12 MONTHS	Mushrooms 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS
			MELONS 9 TO 12 MONTHS	Mushrooms 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS
			MELONS 9 TO 12 MONTHS	Mushrooms 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS
			MELONS 9 TO 12 MONTHS	Mushrooms 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS
			MELONS 9 TO 12 MONTHS	Mushrooms 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS
			MELONS 9 TO 12 MONTHS	Mushrooms 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS
			MELONS 9 TO 12 MONTHS	Mushrooms 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS
			MELONS 9 TO 12 MONTHS	Mushrooms 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS
			MELONS 9 TO 12 MONTHS	Mushrooms 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS
			MELONS 9 TO 12 MONTHS	Mushrooms 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS
			MELONS 9 TO 12 MONTHS	Mushrooms 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS
			MELONS 9 TO 12 MONTHS	Mushrooms 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS
			MELONS 9 TO 12 MONTHS	Mushrooms 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS
			MELONS 9 TO 12 MONTHS	Mushrooms 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS
			MELONS 9 TO 12 MONTHS	Mushrooms 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS
			MELONS 9 TO 12 MONTHS	Mushrooms 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS
			MELONS 9 TO 12 MONTHS	Mushrooms 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS
			MELONS 9 TO 12 MONTHS	Mushrooms 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS
			MELONS 9 TO 12 MONTHS	Mushrooms 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS
			MELONS 9 TO 12 MONTHS	Mushrooms 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS
			MELONS 9 TO 12 MONTHS	Mushrooms 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS
			MELONS 9 TO 12 MONTHS	Mushrooms 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS
			MELONS 9 TO 12 MONTHS	Mushrooms 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS
			MELONS 9 TO 12 MONTHS	Mushrooms 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS
			MELONS 9 TO 12 MONTHS	Mushrooms 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS
			MELONS 9 TO 12 MONTHS	Mushrooms 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTHS	MELONS 9 TO 12 MONTH		

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	PROTEINS (CONTINUED)	PREPARED FOODS	BROTH / STOCK (MEAT, VEGGIE, FISH)
FREEZE	SHRIMP 6 TO 8 MONTHS	TOFU 3 TO 5 MONTHS	BEANS 9 TO 12 MONTHS
THAWED	TEMPEH 12 MONTHS	BREAD & BAKED GOODS 3 TO 6 MONTHS	SOUPS & STEWS 6 MONTHS
USE IN			
	In an air-tight bag or container Same as before freezing Use as you would use fresh shrimp	Drain, wrap in plastic wrap, and put into a bag or container Tofu will turn yellowish and have a spongy texture Sauté, stir-fries, soups	Pour into ice cube trays or small bags or containers with space for liquid to expand Taste and texture will be the same as before freezing Use as you would use unfrozen stock
	CANNED TOMATOES 2 TO 3 MONTHS	CASSEROLES 3 TO 4 MONTHS	TORTILLAS 6 TO 8 MONTHS
	CANNED TOMATOES 2 TO 3 MONTHS	CASSEROLES 3 TO 4 MONTHS	TORTILLAS 6 TO 8 MONTHS
	CANNED TOMATOES 2 TO 3 MONTHS	CASSEROLES 3 TO 4 MONTHS	TORTILLAS 6 TO 8 MONTHS
	CANNED TOMATOES 2 TO 3 MONTHS	CASSEROLES 3 TO 4 MONTHS	TORTILLAS 6 TO 8 MONTHS
	CANNED TOMATOES 2 TO 3 MONTHS	CASSEROLES 3 TO 4 MONTHS	TORTILLAS 6 TO 8 MONTHS
	CANNED TOMATOES 2 TO 3 MONTHS	CASSEROLES 3 TO 4 MONTHS	TORTILLAS 6 TO 8 MONTHS
	CANNED TOMATOES 2 TO 3 MONTHS	CASSEROLES 3 TO 4 MONTHS	TORTILLAS 6 TO 8 MONTHS
	CANNED TOMATOES 2 TO 3 MONTHS	CASSEROLES 3 TO 4 MONTHS	TORTILLAS 6 TO 8 MONTHS
	CANNED TOMATOES 2 TO 3 MONTHS	CASSEROLES 3 TO 4 MONTHS	TORTILLAS 6 TO 8 MONTHS
	CANNED TOMATOES 2 TO 3 MONTHS	CASSEROLES 3 TO 4 MONTHS	TORTILLAS 6 TO 8 MONTHS
	CANNED TOMATOES 2 TO 3 MONTHS	CASSEROLES 3 TO 4 MONTHS	TORTILLAS 6 TO 8 MONTHS
	CANNED TOMATOES 2 TO 3 MONTHS	CASSEROLES 3 TO 4 MONTHS	TORTILLAS 6 TO 8 MONTHS
	CANNED TOMATOES 2 TO 3 MONTHS	CASSEROLES 3 TO 4 MONTHS	TORTILLAS 6 TO 8 MONTHS
	CANNED TOMATOES 2 TO 3 MONTHS	CASSEROLES 3 TO 4 MONTHS	TORTILLAS 6 TO 8 MONTHS
	CANNED TOMATOES 2 TO 3 MONTHS	CASSEROLES 3 TO 4 MONTHS	TORTILLAS 6 TO 8 MONTHS
	CANNED TOMATOES 2 TO 3 MONTHS	CASSEROLES 3 TO 4 MONTHS	TORTILLAS 6 TO 8 MONTHS
	CANNED TOMATOES 2 TO 3 MONTHS	CASSEROLES 3 TO 4 MONTHS	TORTILLAS 6 TO 8 MONTHS
	CANNED TOMATOES 2 TO 3 MONTHS	CASSEROLES 3 TO 4 MONTHS	TORTILLAS 6 TO 8 MONTHS
	CANNED TOMATOES 2 TO 3 MONTHS	CASSEROLES 3 TO 4 MONTHS	TORTILLAS 6 TO 8 MONTHS
	CANNED TOMATOES 2 TO 3 MONTHS	CASSEROLES 3 TO 4 MONTHS	TORTILLAS 6 TO 8 MONTHS
	CANNED TOMATOES 2 TO 3 MONTHS	CASSEROLES 3 TO 4 MONTHS	TORTILLAS 6 TO 8 MONTHS
	CANNED TOMATOES 2 TO 3 MONTHS	CASSEROLES 3 TO 4 MONTHS	TORTILLAS 6 TO 8 MONTHS
	CANNED TOMATOES 2 TO 3 MONTHS	CASSEROLES 3 TO 4 MONTHS	TORTILLAS 6 TO 8 MONTHS
	CANNED TOMATOES 2 TO 3 MONTHS	CASSEROLES 3 TO 4 MONTHS	TORTILLAS 6 TO 8 MONTHS
	CANNED TOMATOES 2 TO 3 MONTHS	CASSEROLES 3 TO 4 MONTHS	TORTILLAS 6 TO 8 MONTHS
	CANNED TOMATOES 2 TO 3 MONTHS	CASSEROLES 3 TO 4 MONTHS	TORTILLAS 6 TO 8 MONTHS
	CANNED TOMATOES 2 TO 3 MONTHS	CASSEROLES 3 TO 4 MONTHS	TORTILLAS 6 TO 8 MONTHS
	CANNED TOMATOES 2 TO 3 MONTHS	CASSEROLES 3 TO 4 MONTHS	TORTILLAS 6 TO 8 MONTHS
	CANNED TOMATOES 2 TO 3 MONTHS	CASSEROLES 3 TO 4 MONTHS	TORTILLAS 6 TO 8 MONTHS
	CANNED TOMATOES 2 TO 3 MONTHS	CASSEROLES 3 TO 4 MONTHS	TORTILLAS 6 TO 8 MONTHS
	CANNED TOMATOES 2 TO 3 MONTHS	CASSEROLES 3 TO 4 MONTHS	TORTILLAS 6 TO 8 MONTHS
	CANNED TOMATOES 2 TO 3 MONTHS	CASSEROLES 3 TO 4 MONTHS	TORTILLAS 6 TO 8 MONTHS
	CANNED TOMATOES 2 TO 3 MONTHS	CASSEROLES 3 TO 4 MONTHS	TORTILLAS 6 TO 8 MONTHS
	CANNED TOMATOES 2 TO 3 MONTHS	CASSEROLES 3 TO 4 MONTHS	TORTILLAS 6 TO 8 MONTHS
	CANNED TOMATOES 2 TO 3 MONTHS	CASSEROLES 3 TO 4 MONTHS	TORTILLAS 6 TO 8 MONTHS
	CANNED TOMATOES 2 TO 3 MONTHS	CASSEROLES 3 TO 4 MONTHS	TORTILLAS 6 TO 8 MONTHS
	CANNED TOMATOES 2 TO 3 MONTHS	CASSEROLES 3 TO 4 MONTHS	TORTILLAS 6 TO 8 MONTHS
	CANNED TOMATOES 2 TO 3 MONTHS	CASSEROLES 3 TO 4 MONTHS	TORTILLAS 6 TO 8 MONTHS
	CANNED TOMATOES 2 TO 3 MONTHS	CASSEROLES 3 TO 4 MONTHS	TORTILLAS 6 TO 8 MONTHS
	CANNED TOMATOES 2 TO 3 MONTHS	CASSEROLES 3 TO 4 MONTHS	TORTILLAS 6 TO 8 MONTHS
	CANNED TOMATOES 2 TO 3 MONTHS	CASSEROLES 3 TO 4 MONTHS	TORTILLAS 6 TO 8 MONTHS
	CANNED TOMATOES 2 TO 3 MONTHS	CASSEROLES 3 TO 4 MONTHS	TORTILLAS 6 TO 8 MONTHS
	CANNED TOMATOES 2 TO 3 MONTHS	CASSEROLES 3 TO 4 MONTHS	TORTILLAS 6 TO 8 MONTHS
	CANNED TOMATOES 2 TO 3 MONTHS	CASSEROLES 3 TO 4 MONTHS	TORTILLAS 6 TO 8 MONTHS
	CANNED TOMATOES 2 TO 3 MONTHS	CASSEROLES 3 TO 4 MONTHS	TORTILLAS 6 TO 8 MONTHS
	CANNED TOMATOES 2 TO 3 MONTHS	CASSEROLES 3 TO 4 MONTHS	TORTILLAS 6 TO 8 MONTHS
	CANNED TOMATOES 2 TO 3 MONTHS	CASSEROLES 3 TO 4 MONTHS	TORTILLAS 6 TO 8 MONTHS
	CANNED TOMATOES 2 TO 3 MONTHS	CASSEROLES 3 TO 4 MONTHS	TORTILLAS 6 TO 8 MONTHS
	CANNED TOMATOES 2 TO 3 MONTHS	CASSEROLES 3 TO 4 MONTHS	TORTILLAS 6 TO 8 MONTHS
	CANNED TOMATOES 2 TO 3 MONTHS	CASSEROLES 3 TO 4 MONTHS	TORTILLAS 6 TO 8 MONTHS
	CANNED TOMATOES 2 TO 3 MONTHS	CASSEROLES 3 TO 4 MONTHS	TORTILLAS 6 TO 8 MONTHS
	CANNED TOMATOES 2 TO 3 MONTHS	CASSEROLES 3 TO 4 MONTHS	TORTILLAS 6 TO 8 MONTHS
	CANNED TOMATOES 2 TO 3 MONTHS	CASSEROLES 3 TO 4 MONTHS	TORTILLAS 6 TO 8 MONTHS
	CANNED TOMATOES 2 TO 3 MONTHS	CASSEROLES 3 TO 4 MONTHS	TORTILLAS 6 TO 8 MONTHS
	CANNED TOMATOES 2 TO 3 MONTHS	CASSEROLES 3 TO 4 MONTHS	TORTILLAS 6 TO 8 MONTHS
	CANNED TOMATOES 2 TO 3 MONTHS	CASSEROLES 3 TO 4 MONTHS	TORTILLAS 6 TO 8 MONTHS
	CANNED TOMATOES 2 TO 3 MONTHS	CASSEROLES 3 TO 4 MONTHS	TORTILLAS 6 TO 8 MONTHS
	CANNED TOMATOES 2 TO 3 MONTHS	CASSEROLES 3 TO 4 MONTHS	TORTILLAS 6 TO 8 MONTHS
	CANNED TOMATOES 2 TO 3 MONTHS	CASSEROLES 3 TO 4 MONTHS	TORTILLAS 6 TO 8 MONTHS
	CANNED TOMATOES 2 TO 3 MONTHS	CASSEROLES 3 TO 4 MONTHS	TORTILLAS 6 TO 8 MONTHS
	CANNED TOMATOES 2 TO 3 MONTHS	CASSEROLES 3 TO 4 MONTHS	TORTILLAS 6 TO 8 MONTHS
	CANNED TOMATOES 2 TO 3 MONTHS	CASSEROLES 3 TO 4 MONTHS	TORTILLAS 6 TO 8 MONTHS
	CANNED TOMATOES 2 TO 3 MONTHS	CASSEROLES 3 TO 4 MONTHS	TORTILLAS 6 TO 8 MONTHS
	CANNED TOMATOES 2 TO 3 MONTHS	CASSEROLES 3 TO 4 MONTHS	TORTILLAS 6 TO 8 MONTHS
	CANNED TOMATOES 2 TO 3 MONTHS	CASSEROLES 3 TO 4 MONTHS	TORTILLAS 6 TO 8 MONTHS
	CANNED TOMATOES 2 TO 3 MONTHS	CASSEROLES 3 TO 4 MONTHS	TORTILLAS 6 TO 8 MONTHS
	CANNED TOMATOES 2 TO 3 MONTHS	CASSEROLES 3 TO 4 MONTHS	TORTILLAS 6 TO 8 MONTHS
	CANNED TOMATOES 2 TO 3 MONTHS	CASSEROLES 3 TO 4 MONTHS	TORTILLAS 6 TO 8 MONTHS
	CANNED TOMATOES 2 TO 3 MONTHS	CASSEROLES 3 TO 4 MONTHS	TORTILLAS 6 TO 8 MONTHS
	CANNED TOMATOES 2 TO 3 MONTHS	CASSEROLES 3 TO 4 MONTHS	