

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		DAIRY				PRODUCE	
 FREEZE		 BUTTER 6 TO 9 MONTHS	 CHEESE 6 MONTHS	 EGGS 12 MONTHS	 MILK 3 TO 6 MONTHS	 YOGURT 1 TO 2 MONTHS	 APPLES 12 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
 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 shake well before using	Thicker yogurt will separate into chunks and water, so whisk together	Taste and texture will be the same as before freezing
		Use as you would use fresh butter	Pastas, soups, bakes, frittatas	Frittatas, omelets, breading veggies or meats	Creamy soups, oatmeal	Baked goods, oatmeal, smoothies, dips, sauces	Baked goods, oatmeal
 ASPARAGUS 8 TO 10 MONTHS	 AVOCADOS 4 TO 5 MONTHS	 BANANAS 8 MONTHS	 BEETS 12 MONTHS	 BERRIES 6 TO 8 MONTHS	 BROCCOLI 6 TO 8 MONTHS	 CARROTS 6 TO 8 MONTHS	
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 3 min, portion into bags	Chop, blanch 2 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	
Sautés, stir-fries, soups, bakes	Dips, spreads, baked goods	Baked goods, oatmeal, smoothies	Soups, sautés	Baked goods, smoothies, fruit soups	Sautés, stir-fries, soups, stews, bakes, frittatas, omelets	Sautés, stir-fries, soups, stews, bakes	
 CAULIFLOWER 6 TO 8 MONTHS	 CELERY 6 TO 8 MONTHS	 CORN 6 TO 8 MONTHS	 GARLIC 10 TO 12 MONTHS	 GRAPES 3 TO 5 MONTHS	 GREEN BEANS 6 TO 8 MONTHS	 HERBS 12 MONTHS	
Chop, blanch 3 min, portion into bags	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	Blanch 3 min, portion into bags	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	
Taste and texture will be the same as when blanched	Celery will lose its crispness and turn soft	Taste and texture will be the same as when blanched	Garlic will lose its crunchiness, but still have its strong flavor	Taste and texture will be the same as before freezing	Taste and texture will be the same as when blanched	Taste will be the same as before freezing	
Sautés, stir-fries, soups, stews, bakes, frittatas	Sautés, stir-fries, soups, stews, bakes	Sautés, stir-fries, soups, bakes, frittatas, omelets	Use as you would use fresh garlic	Eat frozen like a popsicle or use in smoothies	Sautés, stir-fries, soups, bakes, frittatas	Add to sautés, stir-fries, frittatas, omelets, bakes, soups, stews	

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<p>KEY</p> <p> FREEZE</p> <p> THAWED</p> <p> USE IN</p>	<p>PRODUCE (CONTINUED)</p>	<p> LEAFY GREENS (SPINACH, KALE, CHARD) 8 MONTHS</p> <hr/> <p>Remove stems, blanch 2-4 min, squeeze out all excess water, chop, portion into bags</p> <hr/> <p>Taste and texture will be the same as when blanched</p> <hr/> <p>Smoothies, soups, bakes, frittatas, omelets</p>	<p> MELONS 9 TO 12 MONTHS</p> <hr/> <p>Chop and spread on a tray. When frozen, transfer to bags and refreeze</p> <hr/> <p>Melon will become soft</p> <hr/> <p>Smoothies, fruit soups</p>	<p> MUSHROOMS 9 TO 12 MONTHS</p> <hr/> <p>Cook, cool, and portion into bags or containers</p> <hr/> <p>Taste and texture will be the same as when cooked</p> <hr/> <p>Sautés, stir-fries, frittatas, omelets, bakes, soups, stews</p>	<p> OKRA 8 MONTHS</p> <hr/> <p>Blanch 3-4 min, portion into bags</p> <hr/> <p>Taste and texture will be the same as when blanched</p> <hr/> <p>Gumbo, stews, sautés, fried</p>	<p> ONIONS 3 TO 6 MONTHS</p> <hr/> <p>Chop and double bag to prevent odors from escaping</p> <hr/> <p>Onions will lose their crispness and release water</p> <hr/> <p>Soups, stews, stock, sautés, stir-fries</p>	<p> PEAS 12 MONTHS</p> <hr/> <p>Shell, blanch 1-2 min, portion into bags</p> <hr/> <p>Taste and texture will be the same as when blanched</p> <hr/> <p>Sautés, stir-fries, soups, frittatas, omelets, bakes</p>
<p> PEPPERS, SWEET BELL & HOT 3 TO 4 MONTHS</p> <hr/> <p>Stem, remove membranes, chop, spread on a tray. When frozen, transfer to bags and refreeze</p> <hr/> <p>Peppers will develop ice crystals, so for best quality, use as soon as possible. They will get soft the longer they freeze.</p> <hr/> <p>Sautés, stir-fries, soups, bakes, frittatas, omelets</p>	<p> TOMATOES 3 TO 4 MONTHS</p> <hr/> <p>Cut out the 'scar' where the stem was attached. Portion into bags or containers</p> <hr/> <p>Tomatoes will become mushy</p> <hr/> <p>Dice or puree for soups, stews, sauces</p>	<p> ZUCCHINI & SUMMER SQUASHES 8 MONTHS</p> <hr/> <p>Chop, blanch 3 min, then portion into bags</p> <hr/> <p>Summer squashes will become a little soft</p> <hr/> <p>Soups, stews, bakes, sautés, frittatas, omelets</p>	<p> WINTER SQUASHES 9 TO 12 MONTHS</p> <hr/> <p>Cube and cook by roasting, steaming, or boiling. (Optional: puree or mash)</p> <hr/> <p>Taste and texture will be the same as when cooked</p> <hr/> <p>Soups, stews, bakes, dips, baked goods (pumpkin)</p>	<p>PROTEINS</p>	<p> BACON & PANCETTA 6 MONTHS</p> <hr/> <p>In an air-tight bag or container</p> <hr/> <p>Taste and texture will be the same as before freezing</p> <hr/> <p>Use as you would use fresh bacon</p>	<p> BEEF COOKED 2 TO 3 MONTHS FRESH 6 TO 8 MONTHS</p> <hr/> <p>In an air-tight bag or container</p> <hr/> <p>Cooked - will lose some moisture; Fresh - same as before freezing</p> <hr/> <p>Cooked - sautés, stir-fries, soups, stews, bakes; Fresh - use as you would unfrozen</p>	<p> DELI MEATS 2 TO 3 MONTHS</p> <hr/> <p>In an air-tight bag or container</p> <hr/> <p>Same as before freezing</p> <hr/> <p>Grilled cheese sandwiches, melts, chopped for omelets, frittatas, bakes</p>
<p> HAM 6 TO 8 MONTHS</p> <hr/> <p>In an air-tight bag or container</p> <hr/> <p>Same as before freezing</p> <hr/> <p>Use as you would use fresh ham</p>	<p> GROUND MEAT COOKED 2 TO 3 MONTHS FRESH 6 TO 8 MONTHS</p> <hr/> <p>In an air-tight bag or container</p> <hr/> <p>Same as before freezing</p> <hr/> <p>Burger patties, meatloaf, sautés, soups, stews, frittatas, omelets, bakes</p>	<p> FISH COOKED OR FRESH 6 TO 9 MONTHS</p> <hr/> <p>In an air-tight bag or container</p> <hr/> <p>Cooked - will lose some moisture; Fresh - same as before freezing</p> <hr/> <p>Cooked - sautés, stir-fries, soups, bakes; Fresh - use as you would unfrozen</p>	<p> NUTS 1 TO 2 YEARS</p> <hr/> <p>In an air-tight bag, so that odors will not get in</p> <hr/> <p>Toast to add crispness, but taste and texture will be the same as before freezing</p> <hr/> <p>Salads, baked goods, and garnish on sautés, stir-fries, frittatas</p>	<p> PORK COOKED 2 TO 3 MONTHS FRESH 6 TO 8 MONTHS</p> <hr/> <p>In an air-tight bag or container</p> <hr/> <p>Cooked - will lose some moisture; Fresh - same as before freezing</p> <hr/> <p>Cooked - sautés, stir-fries, soups, stews, bakes ; Fresh - use as you would unfrozen</p>	<p> POULTRY COOKED 4 MONTHS FRESH 9 TO 12 MONTHS</p> <hr/> <p>In an air-tight bag or container</p> <hr/> <p>Cooked - will lose some moisture; Fresh - same as before freezing</p> <hr/> <p>Cooked - sautés, stir-fries, soups, stews, bakes ; Fresh - use as you would unfrozen</p>	<p> SAUSAGES, COOKED 6 TO 8 MONTHS</p> <hr/> <p>In an air-tight bag or container</p> <hr/> <p>Taste and texture will be the same as before freezing</p> <hr/> <p>Use as you would use unfrozen cooked sausages</p>	

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KEY



FREEZE



THAWED



USE IN

PROTEINS (CONTINUED)



SHRIMP
6 TO 8 MONTHS

In an air-tight bag or container

Same as before freezing

Use as you would use fresh shrimp



TEMPEH
12 MONTHS

In original packaging. If opened, wrap in plastic and put into a bag or container

Taste and texture will be the same as before freezing

Use as you would use unfrozen tempeh



TOFU
3 TO 5 MONTHS

Drain, wrap in plastic wrap, and put into container

Tofu will turn yellowish and have a spongy texture

Sautés, stir-fries, soups



BREAD & BAKED GOODS
3 TO 6 MONTHS

Wrap in a few layers of plastic wrap or foil, and place in an air-tight bag

Any ice crystals that form on bread or baked good will make them soggy

Enjoy as is; bread pudding, croutons (bread)



BEANS
9 TO 12 MONTHS

Cook, cool, and portion into bags or containers

Taste and texture will be the same as before freezing

Use as you would use cooked beans



BROTH / STOCK (MEAT, VEGGIE, FISH)
4 TO 6 MONTHS

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

PREPARED FOODS



CANNED TOMATOES
2 TO 3 MONTHS

Portion into ice cube trays, bags, or containers

Taste and texture will be the same as before freezing

Use as you would use unfrozen canned tomatoes



CASSEROLES
3 TO 4 MONTHS

Freeze without toppings. If casserole is cooked, cool before freezing. Use a freezer-friendly container that is also oven-safe, and wrap tightly

For uncooked casseroles, baking time will need to be increased.

Enjoy as is



PASTA & NOODLES
6 TO 8 MONTHS

Cook, cool, and portion into bags or containers

Depending on how long it was in the freezer, it will have dried out some

Sautés, stir-fries, soups, bakes



PESTO
8 MONTHS | WITH CHEESE 4 MONTHS

Portion into ice cube trays. When frozen, transfer to bags and refreeze

Taste and texture will be the same as before freezing

Sautés, soups, stews, omelets, frittatas, bakes



PIZZA
4 TO 6 MONTHS

Wrap in a few layers of plastic wrap or foil, and place in an air-tight bag

Crust will be chewy and not as crisp

Enjoy as is



RICE & GRAINS
4 TO 6 MONTHS

Cook, cool, and portion into bags or containers

Taste and texture will be the same as before freezing, if used quickly

Fried rice, soups, stuffed veggies



SOUPS & STEWS
6 MONTHS

Portion into serving size containers with space for liquid to expand

Taste and texture will be the same as before freezing

Enjoy as is



TOMATO PASTE
2 TO 3 MONTHS

Spoon into ice cube trays. When frozen, transfer to bags and refreeze. Or put into bags and break off pieces as needed

Taste and texture will be the same as before freezing

Use as you would use unfrozen tomato paste



TORTILLAS
6 TO 8 MONTHS

Separate each tortilla with a piece of wax paper or parchment. Wrap in a few layers of plastic or in an air-tight bag

Tortillas will dry out a bit

Use as you would use unfrozen tortillas

