# 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.

<table>
<thead>
<tr>
<th>Key</th>
<th>Dairy</th>
<th>Produce</th>
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<tbody>
<tr>
<td><strong>Freeze</strong></td>
<td><strong>Butter</strong> 6 to 9 months&lt;br&gt;Whole or portioned, wrapped tightly&lt;br&gt;Taste and texture the same as before freezing, if used within 6 months of freezing&lt;br&gt;Use as you would use fresh butter</td>
<td><strong>Avocados</strong> 4 to 5 months&lt;br&gt;Peel and mash or puree with a bit of lemon juice&lt;br&gt;Surface will turn brown&lt;br&gt;Dips, spreads, baked goods&lt;br&gt;<strong>Asparagus</strong> 8 to 10 months&lt;br&gt;Blanch 2-4 min, spread on a tray. When frozen, transfer to bags and refreeze&lt;br&gt;Taste and texture will be the same as when blanched&lt;br&gt;Sauté, stir-fries, soups, stews, bakes&lt;br&gt;<strong>Broccoli</strong> 6 to 8 months&lt;br&gt;Chop, blanch 3 min, portion into bags&lt;br&gt;Taste and texture will be the same as when blanched&lt;br&gt;Sauté, stir-fries, soups, stews, bakes, frittatas&lt;br&gt;<strong>Beans</strong> 6 to 12 months&lt;br&gt;Shredded, portioned into bags&lt;br&gt;Taste and texture will be the same as before freezing&lt;br&gt;Pastas, soups, bakes, frittatas&lt;br&gt;<strong>Yogurt</strong> 1 to 2 months&lt;br&gt;Portion into serving size containers with space to expand&lt;br&gt;Thicker yogurt will separate into chunks and water, so whisk together&lt;br&gt;Baked goods, oatmeal, smoothies, dips, sauces&lt;br&gt;<strong>Apples</strong> 12 months&lt;br&gt;Make into applesauce by cooking and puréeing. Cool and portion into bags or containers&lt;br&gt;Taste and texture will be the same as before freezing&lt;br&gt;Baked goods, oatmeal</td>
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<td><strong>Thawed</strong></td>
<td><strong>Cheese</strong> 6 months&lt;br&gt;Shredded, portioned into bags&lt;br&gt;Hard cheeses will be crumbly, soft cheeses will be grainy&lt;br&gt;Pastas, soups, bakes, frittatas&lt;br&gt;<strong>Berries</strong> 6 to 8 months&lt;br&gt;Spread on a tray. When frozen, transfer to bags and refreeze&lt;br&gt;Berries will get mushy and release liquid&lt;br&gt;Baked goods, smoothies, fruit soups&lt;br&gt;<strong>Carrots</strong> 6 to 8 months&lt;br&gt;Chop, blanch 2 min, portion into bags&lt;br&gt;Taste and texture will be the same as when blanched&lt;br&gt;Sauté, stir-fries, soups, stews, bakes&lt;br&gt;<strong>Grapes</strong> 3 to 5 months&lt;br&gt;Spread on a tray. When frozen, transfer to bags and refreeze&lt;br&gt;<strong>Milk</strong> 3 to 6 months&lt;br&gt;Portion into serving size containers with space to expand&lt;br&gt;Milk will have separated into chunks and water, so shake well before using&lt;br&gt;Creamy soups, oatmeal&lt;br&gt;<strong>Herbs</strong> 12 months&lt;br&gt;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&lt;br&gt;Taste will be the same as before freezing&lt;br&gt;Add to sauté, stir-fries, frittatas, omelets, bananas, stews, nuts&lt;br&gt;<strong>Garlic</strong> 10 to 12 months&lt;br&gt;Peeled or unpeeled individual cloves. Or peel, chop, and double bag to prevent odors from escaping&lt;br&gt;Garlic will lose its crunchiness, but still have its strong flavor&lt;br&gt;Use as you would use fresh garlic&lt;br&gt;<strong>Green Beans</strong> 6 to 8 months&lt;br&gt;Blanch 3 min, portion into bags&lt;br&gt;Taste and texture will be the same as when blanched&lt;br&gt;Sauté, stir-fries, soups, bakes, frittatas&lt;br&gt;<strong>Corn</strong> 6 to 8 months&lt;br&gt;Remove kernels and blanch 4 min. Spread on a tray. When frozen, transfer to bags and refreeze&lt;br&gt;Taste and texture will be the same as when blanched&lt;br&gt;Sauté, stir-fries, soups, stews, bakes&lt;br&gt;<strong>Celery</strong> 6 to 8 months&lt;br&gt;Chop, blanch 3 min, portioned into bags&lt;br&gt;Celery will lose its crispness and turn soft&lt;br&gt;Sauté, stir-fries, soups, stews, bakes&lt;br&gt;<strong>Grapes</strong> 6 to 8 months&lt;br&gt;Spread on a tray. When frozen, transfer to bags and refreeze&lt;br&gt;Taste and texture will be the same as when blanched&lt;br&gt;Eat frozen like a popsicle or use in smoothies&lt;br&gt;<strong>Eggs</strong> 12 months&lt;br&gt;Beat with a pinch of salt, and pour into ice cube tray&lt;br&gt;Yolks get thick like paste, which is why salt added before freezing slows down the thickening&lt;br&gt;Frittatas, omelets, breading veggies or meats&lt;br&gt;<strong>Berries</strong> 6 to 8 months&lt;br&gt;Spread on a tray. When frozen, transfer to bags and refreeze&lt;br&gt;<strong>Apples</strong> 12 months&lt;br&gt;Make into applesauce by cooking and puréeing. Cool and portion into bags or containers&lt;br&gt;Taste and texture will be the same as before freezing&lt;br&gt;Baked goods, oatmeal, smoothies, dips, sauces</td>
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## Produce (Continued)

### Key
- **Freeze**
- **Thawed**
- **Use in**

### 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

### Mushrooms 9 to 12 Months
- Cook, cool, and portion into bags or containers
- Taste and texture will be the same as when cooked
- Sauté, 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
- Shell, blanch 1-2 min, portion into bags
- Taste and texture will be the same as when blanched
- Soups, stews, stock, sautés, stir-fries

### Peas 12 Months
- In an air-tight bag or container
- Taste and texture will be the same as before freezing
- Use as you would use unfrozen

### Ground Meat
- In an air-tight bag or container
- Same as before freezing
- Use as you would use fresh

### Fish
- In an air-tight bag or container
- Same as before freezing
- Burger patties, meatloaf, sautés, soups, stews, frittatas, omelets, bakes

### 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

### 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
- In an air-tight bag or container
- Same as before freezing
- Grilled cheese sandwiches, melts, chopped for omelets, frittatas, bakes

### Deli Meats 2 to 3 Months
- In an air-tight bag or container
- Same as before freezing
- Use as you would use fresh

### Sausages, Cooked
- In an air-tight bag or container
- Same as before freezing
- Use as you would use fresh

### 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)

### 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.
- Sauté, stir-fries, 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

### Winter Melons 9 to 12 Months
- In an air-tight bag or container
- Use as you would use fresh melon

### Ground Meat
- In an air-tight bag or container
- Same as before freezing
- Use as you would use fresh ground meat

### Fish
- In an air-tight bag or container
- Same as before freezing
- Burger patties, meatloaf, sautés, soups, stews, frittatas, omelets, bakes

### Nuts 1 to 2 Years
- In an air-tight bag, so that odors will not get in
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- In an air-tight bag or container
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### Sausages, Cooked
- In an air-tight bag or container
- Same as before freezing
- Use as you would use fresh
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### FREEZE

- **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
  - Sauté, stir-fries, soups, bakes

- **Pesto**: 8 months | With Cheese: 4 months
  - Portion into ice cube trays. When frozen, transfer to plastic wrap, and place in an air-tight bag
  - Taste and texture will be the same as before freezing
  - Sauté, soups, stews, omelets, frittatas, bakes

- **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

- **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

- **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)

- **Tofu**: 3 to 5 months
  - Drain, wrap in plastic wrap, and put into container
  - Tofu will turn yellowish and have a spongy texture
  - Sauté, stir-fries, soups

- **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 unrefrigerated tempeh

- **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

- **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
  - Sauté, stir-fries, soups, bakes

- **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

- **Beans**: 9 to 12 months
  - Cook, cool, and portion into bags or containers
  - Taste and texture will be the same as before freezing
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### THAWED

- **SHRIMP**: 6 to 8 months
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### USE IN

- **PREPARED FOODS**
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    - Enjoy as is; bread pudding, croutons (bread)

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