

FREEZING YOUR FOOD

USDA Freezer Storage Recommendations (0°F)

Note: Freezer storage times are for quality only.
Frozen foods remain safe indefinitely.

ITEM	MONTHS
Bacon, and Sausage	1 to 2
Casseroles	2 to 3
Egg Whites, or Egg Substitutes	12
Frozen Dinners, and Entrees	3 to 4
Gravy, Meat, or Poultry	2 to 3
Ham, Hotdogs, and Lunchmeats	1 to 2
Meat, Uncooked Roasts	4 to 12
Meat, Uncooked Steaks, or Chops	4 to 12
Meat, Cooked	2 to 3
Poultry, Uncooked Whole	12
Poultry, Uncooked Parts	9
Poultry, Uncooked Giblets	3 to 4
Poultry, Cooked	4
Soups, and Stews	2 to 3
Wild Game, Uncooked	8 to 12

Compiled by Nutrition and Food Safety Educator, Vicki Hayman



UNIVERSITY OF WYOMING
EXTENSION

Issued in furtherance of extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Kelly Crane, Director, University of Wyoming Extension, College of Agriculture and Natural Resources, University of Wyoming Extension, University of Wyoming, Laramie, Wyoming 82071.

The University of Wyoming is an equal opportunity/affirmative action institution.