

Freezer Storage Tips



Food Item

Freezer Storage Time (< 0°F)

Foods last indefinitely in the freezer!
These suggestions are for quality only.

Fridge Storage Time (35-40°F)

These are general guidelines, and items may last for shorter or longer periods.
Use your nose!

Storage Tips



- Divide into meal-sized portions.
- Place in airtight containers or freezer bags (or wrap well in foil or plastic wrap).
- Remove as much air as possible.

Meat and Seafood

| | | | |
|--|---|-------------|----------|
| | Bacon — Uncooked | 1 month | 1 week |
| | Poultry — Uncooked | 9-12 months | 1-2 days |
| | Steaks, Chops and Roasts — Uncooked | 4-12 months | 3-5 days |
| | Ground Meat — Uncooked (example: hamburger) | 3-4 months | 1-2 days |
| | Hot Dogs — Uncooked (after opening) | 1-2 months | 1 week |
| | Lunch Meat (after opening or deli-sliced) | 1-2 months | 3-5 days |
| | Sausage — Uncooked | 1-2 months | 1-2 days |
| | Meat and Poultry — Cooked | 2-6 months | 3-4 days |
| | Fish — Uncooked | 2-10 months | 4-6 days |
| | Fish — Cooked | 1-2 months | 3-4 days |

Dairy and Eggs

| | | | |
|--|------------------------------------|---------------------------|-----------------------------|
| | Butter | 6-9 months | 1-2 months |
| | Cheese (hard and semi-hard) | 6 months | 3-4 weeks |
| | Eggs | 12 months (beat first) | 3-5 weeks (raw in shell) |

Other Proteins

| | | | |
|--|---------------------------------------|------------|------------|
| | Beans — Cooked | 3-6 months | 3-5 days |
| | Nuts and Seeds (after opening) | 3-6 months | 4-6 months |
| | Tofu | 5 months | 1 week |

Produce

| | | | |
|--|---------------------|-------------|--------|
| | Citrus | 3 months | Varies |
| | Other Fruits | 9-12 months | Varies |
| | Vegetables | 8-12 months | Varies |

Use in Smoothies!

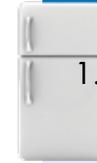
Prepared Food

| | | | |
|--|------------------------|------------|----------|
| | Leftovers | 2-3 months | 3-4 days |
| | Soups and Stews | 2-3 months | 3-4 days |

Breads, Grains and Desserts

| | | | | |
|--|---------------------------------------|--|---------------------------------------|---------------------------|
| | Breads, Rolls and Buns (baked) | Toast a slice or thaw on the counter! | 2-3 months | Refrigeration not advised |
| | Tortillas (after opening) | | 6 months | 3 months |
| | Cooked Rice | 6 months | 4-6 days | |
| | Cooked Oatmeal | 6 months | 3-5 days | |
| | Cooked Pasta | 1-2 months | 3-5 days | |
| | Cookies (baked) | 6-8 months | Refrigeration not advised | |
| | Fruit Pies | 6-8 months if baked, 2-4 months if not cut. | 1 week if refrigerated after opening. | |

3 Ways to Thaw*



1. Defrost in the fridge (24 hours for every 5 lbs. of food). This is the preferred method.
2. Place food in a leak-proof bag and immerse in cold water; check water frequently to make sure it stays cold and change every 30 minutes. After thawing, cook immediately.
3. Thaw in the microwave on "defrost" setting; cook immediately.

*Applies to most items. Source: USDA, "Freezing and Food Safety." foodsafety.gov

What NOT to Freeze



Freezing the following items is not recommended:

- Fruits and vegetables with a high moisture content (examples: lettuce, tomatoes, watermelon), unless you plan to cook or use in a smoothie
- Oil-based condiments, like mayonnaise and salad dressing
- Soft cheeses and custards
- Eggs in shells
- Canned food (okay to freeze if removed from can).



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seattle.gov/util/reducereuse

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Fruit & Vegetable Storage Tips

| Produce | Where to Store It | How to Store It |
|--|--|---|
|  | Apples  |  Separate from other produce. |
|  | Asparagus  |  Remove bands and ties. Store upright in a glass of water with a plastic bag over the top. |
|  | Avocados Ripen on counter, then store in fridge.  |  Once cut, leave pit in, brush with lemon or lime juice and refrigerate. |
|  | Bananas  |  Separate from other produce. |
|  | Beans  |  |
|  | Berries  |  Leave container lid slightly cracked. Wash only when ready to eat. |
|  | Broccoli  |  |
|  | Celery  |  |
|  | Citrus Fruits  |  |
|  | Cucumbers  |  Once cut, wrap cut end in damp towel and store in a plastic bag or sealed container. |
|  | Garlic  |  |
|  | Grapes  |  |
|  | Herbs (leafy) examples: cilantro, parsley Exception: basil on counter  |  Remove bands and ties. Store upright in a glass of water with a plastic bag over the top. |
|  | Herbs (woody) examples: rosemary, sage  |  |
|  | Leafy Greens  |  |
|  | Melons Ripen on counter, then store in fridge.  |  |
|  | Mushrooms  |  Store in a paper bag. |
|  | Onions  |  Store loose or in a mesh bag separate from potatoes. |
|  | Peppers  |  |
|  | Potatoes  |  Store loose or in a paper bag separate from onions. |
|  | Root Vegetables  |  Store edible greens separately. |
|  | Stone Fruits Ripen on counter, then store in fridge.  |  |
|  | Tomatoes Ripen on counter, then store in fridge.  |  Store out of direct sunlight. |
|  | Zucchini  |  |

Fruits and vegetables are the most commonly-wasted foods. By using these food storage tricks, you can make your produce last longer and ensure it gets eaten.

Where to Store



How to Store



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