

Frozen Shelf Life of Foods

Meat (Beef, Pork, Veal, Lamb)	Frozen (0°F/-18°C or below)
Steaks – uncooked	6 – 12 months
Chops – uncooked	4 – 6 months
Roasts – uncooked	6 – 9 months
Liver, variety meats – uncooked	3 – 4 months
Ground Meat – uncooked	3 – 4 months
All Above Meats – cooked	2 – 3 months

Poultry (Chicken, Turkey)	Frozen (0°F/-18°C or below)
Poultry, whole – uncooked	1 year
Poultry, pieces (breast, thighs, legs, wings, etc.) – uncooked	9 months
Giblets – uncooked	3 – 4 months
Ground Poultry – uncooked	2 – 3 months
All Above Poultry – cooked	2 – 3 months
Fried Chicken – cooked	4 months
Chicken Nuggets, Patties	1 – 3 months

Fish, Shellfish	Frozen (0°F/-18°C or below)
Lean Fish – cod, flounder, haddock, sole, etc. – uncooked	6 months
Fatty Fish – salmon, bluefish, mackerel, etc. – uncooked	2 – 3 months
All Fish – cooked	4 – 6 months
Clams, oysters, mussels – shucked, cooked	3 months
Shrimp, Crayfish, Squid, Shucked Clams & Mussels – shucked uncooked	3 – 6 months
Crab – cooked	2 months
Lobster Tails – uncooked	3 months

Frozen Shelf Life of Foods

Hot Dogs, Luncheon Meat	Frozen (0°F/-18°C or below)
Hot Dogs	1 – 2 months
Luncheon Meats	1 – 2 months

Bacon, Sausage, Tamales	Frozen (0°F/-18°C or below)
Bacon, Pancetta	1 month
Sausage	1 – 2 months
Summer Sausage labeled “Keep Refrigerated”	1 – 2 months
Pepperoni, Jerky Sticks	1 – 2 months
Tamales	6 months

Ham, Corned Beef	Frozen (0°F/-18°C or below)
Fresh Ham, uncured – uncooked	6 months
Fresh Ham, cured – uncooked	3 – 4 months
Ham, whole, store wrapped – cooked	1 – 2 months
Ham, half, store wrapped – cooked	1 – 2 months
Ham, sliced, store wrapped – cooked	1 – 2 months
Ham, vacuum sealed, unopened or opened – cooked	1 – 2 months
Ham, canned labeled “Keep Refrigerated” – opened	1 – 2 months
Corned Beef	1 month, drained

Frozen Shelf Life of Foods

Dairy	Frozen (0°F/-18°C or below)
Cheese, hard (such as Cheddar, Swiss)	6 months
Parmesan Cheese, grated	1 – 2 months
Cheese, soft (such as Brie)	6 months
Cottage/Ricotta Cheese	Do Not Freeze
Cream Cheese	Do Not Freeze
Cream, whipped and sweetened	1 – 2 months
Half & Half Cream	4 months
Butter	4 months
Margarine, Spread Substitutes	3 months
Whipped Butter or Margarine	Do Not Freeze
Milk	1 month
Eggnog, store bought	6 months
Sour Cream	Do Not Freeze
Ice Cream, Sorbets	1 – 2 months
Yogurt	1 – 2 months
Pudding	Do Not Freeze

Eggs, Mayonnaise	Frozen (0°F/-18°C or below)
Fresh, in shell	Do Not Freeze
Egg Whites – uncooked	1 year
Egg Yolks – uncooked	Do Not Freeze
Hard Cooked Eggs	Do Not Freeze
Egg Substitutes – unopened	1 year
Egg Substitutes – opened	Do Not Freeze
Mayonnaise	Do Not Freeze

Frozen Shelf Life of Foods

Soups, Stews, Gravy	Frozen (0°F/-18°C or below)
Chili	2 – 3 months
Soup, broth based	2 – 3 months
Soup, cream based	Do Not Freeze
Stock	2 – 3 months
Stews	2 – 3 months
Gravy	2 – 3 months
Broth	2 – 3 months

Pizza, Stuffing	Frozen (0°F/-18°C or below)
Pizza	1 – 2 months
Stuffing	1 month

Breads	Frozen (0°F/-18°C or below)
Breads, Rolls – unbaked dough	2 months
Bread, fresh baked	3 months
Muffins, Rolls, Quick Bread, Bagels, English Muffins - baked	1 – 2 months
Pancakes, Waffles - cooked	1 – 2 months
Pastries, Danish, Doughnuts - baked	3 months
Tortillas (corn and flour)	3 months

Frozen Shelf Life of Foods

Cakes, Brownies	Frozen (0°F/-18°C or below)
Angel Food, Sponge	4 – 6 months
Cheesecake	4 – 6 months
Fruit Cakes	1 year
Brownies	2 – 4 months
Layered Cakes, frosted	2 – 4 months

Staples, Pantry Items	Frozen (0°F/-18°C or below)
Candy	6 months
Crackers	3 months
Flour	1 year
Nuts	2 years
Tofu	5 months
Yeast	1 – 2 years

Pies	Frozen (0°F/-18°C or below)
Ready-to-bake Pie Crust - unbaked	2 months
Pie Crust, homemade - unbaked	2 months
Pumpkin Pie	1 month
Chiffon Pie	1 month
Fruit Pies – unbaked	8 months
Fruit Pies – baked	1 year
Custard Pies	Do Not Freeze
Nut Pies	6 months

Cookies	Frozen (0°F/-18°C or below)
Cookies, homemade – unbaked dough	6 months
Cookies, store bought – unbaked dough	2 months
Cookies - baked	4 – 6 months

Frozen Shelf Life of Foods

Fruit	Frozen (0°F/-18°C or below)
Frozen, store bought	1 year
Canned Fruit – opened	1 – 2 months
Dried Fruit	12 months
Apples	Do not Freeze
Apricots, Grapes, Nectarines, Peaches, Pears, Plums	6 months
Avocados	Do Not Freeze
Bananas	Do Not Freeze
Berries, Cherries	12 months
Citrus Fruit and Juice	6 months
Cranberries	8 – 12 months
Melons	8 – 12 months
Pineapple	12 months

Vegetables	Frozen (0°F/-18°C or below)
Frozen, store bought	1 year
Asparagus	8 – 12 months
Beets, Carrots	8 – 12 months
Beans, Lima Beans, Peas, Summer Squash	8 – 12 months
Bell Peppers – chopped	3 – 4 months
Broccoli Cuts	8 – 12 months
Cauliflower	8 – 12 months
Celery	8 – 12 months
Chilies	8 – 12 months
Corn	8 – 12 months
Garlic – chopped	8 – 12 months
Greens: Collards, Kale, Mustard, Spinach, Swiss Chard	8 – 12 months
Green Beans	8 – 12 months
Herbs	8 – 12 months
Mushrooms	8 – 12 months
Onions – chopped	3 – 4 months
Tomatoes – quartered	3 – 4 months