



Freezer Storage Chart (0° F)

ITEM	MONTHS
Bacon and Sausage _____	1 to 2
Bread, baked _____	6
Cookies, cookie dough _____	2-3
Casseroles _____	2 to 3
Egg whites or egg substitutes _____	12
Frozen Dinners _____	3 to 4
Gravy, meat or poultry _____	2 to 3
Ham, Hotdogs and deli meats _____	1 to 2
Meat, uncooked roasts _____	4 to 12
Meat, uncooked steaks or chops _____	4 to 12
Meat, uncooked ground _____	3 to 4
Meat, cooked _____	2 to 3
Poultry, uncooked whole _____	12
Poultry, uncooked parts _____	9
Poultry, cooked _____	4
Soups and Stews _____	2 to 3