

Tips on Freezing Home-Prepared Foods

All flavorings should be added when the dish is prepared for heating before serving because:

- black pepper, clove, onion and garlic in casseroles become stronger during freezer storage.
- other seasonings tend to weaken in freezing.

Stews keep better than fried or broiled meats.

Some foods do not freeze satisfactorily, or have a very limited storage life. . .

- mayonnaise does not keep as well as salad dressing.
- whites of hard cooked eggs get tough and rubbery.

Cream-style sweet corn retains its flavor better than whole kernel corn, and far better than corn on the cob.

Freezer Storage Chart

Temperature: 0°F or below is best. Maximum temperature should be 5°F. *Check temperature freezer the thermometer or outdoor thermometer,* or use this rule of thumb: if freezer cannot keep ice cream brick-solid, temperature is above the recommended level. In this case, do not store food more than a week.

Time: Date food packages with an "expiration date" according to maximum storage time recommended below. Longer storage is not dangerous, but flavors and textures begin to deteriorate.

Packaging: Use foil, moisture vapor-proof plastic bags and wraps, freezer wrap or freezer containers. Foil, when folded, may develop pinholes, resulting in freezer burn.

Commercial Frozen Foods: Pick up frozen foods just before going to check out counter. Purchase only foods frozen solid. Place in home freezer as soon as possible. Cook or thaw according to label instructions.

Home Frozen Foods: Freeze in coldest part of freezer. Freeze no more than 3 lbs. per cubic foot of freezer space within 24 hours.

Food	Recommended Storage Time at 0°F	Handling Hints	Food	Recommended Storage Time at 0°F	Handling Hints
Meat, Fish, Poultry			Fish — home frozen and purchased frozen		
Meat —home frozen		*Freezing cured meats not recommended.	fillets and steaks from lean fish: cod, flounder, haddock, sole	6 months	Same as Meat — home frozen
bacon*		Saltiness encourages rancidity. If frozen, use within a month.	"fatty" fish: bluefish, perch, mackerel, salmon	2 to 3 months	Keep purchased frozen fish in original wrapping; thaw; follow cooking directions on label.
corned beef*	2 to 3 months	**Freezing not recommended.	breaded fish	3 months	
frankfurters**	1 to 2 months	Emulsion may be broken, and product will "weep."	clams	3 months	
ground beef, lamb, veal		***Freezing alters flavor.	cooked fish or seafood	3 months	
ground pork		Check for holes in trays and plastic wrap of fresh meat. If none, freeze in this wrap up to two weeks. For longer storage, overwrap with suitable freezer wrap.	king crab	10 months	
ham and picnic cured*		Put two layers of waxed paper between individual hamburger patties.	lobster tails	3 months	
luncheon meat**			oysters	4 months	
roasts			scallops	3 months	
beef	6 to 12 months		shrimp, uncooked	12 months	
lamb, veal	6 to 9 months				
pork	3 to 6 months		Poultry — home frozen or purchased frozen		
sausage, dry, smoked***			chicken, whole or cut-up	10 months	Same as Meat — home frozen
sausage, fresh, unsalted	1 to 2 months		chicken livers	3 months	
steaks and chops			cooked poultry	3 months	
beef	6 to 9 months		duck, turkey	6 months	
lamb, veal	3 to 4 months				
pork	2 to 3 months				
venison, game birds	8 to 12 months				

Food	Recommended Storage Time at 0°F	Handling Hints	Food	Recommended Storage Time at 0°F	Handling Hints
Fruits and Vegetables			Dairy Products		
Fruit — home frozen or purchased frozen			Butter	6 to 9 months	Store in moisture vapor-proof container or wrap.
berries, cherries, peaches, pears, pineapple, etc.	12 months	Freeze in moisture vapor-proof container.	Margarine	12 months	
citrus fruit and juice frozen at home	6 months		Whipped butter and margarine		Do not freeze. Emulsion will break and product will separate.
fruit juice concentrates	12 months				Do not freeze
Vegetables — home frozen or purchased frozen			Buttermilk, sour cream and yogurt		Do not freeze
home frozen	10 months	Cabbage, celery, salad greens and tomatoes do not freeze successfully.	Cheese		
purchased frozen — cartons, plastic bags or boil-in-bags	8 months		Camembert	3 months	Thaw in refrigerator
Commercial Frozen Foods			cottage, farmer's cheese (dry curd only)	3 months	Thaw in refrigerator. Do not freeze creamed cottage cheese — it gets mushy.
<i>Also see: meats, fish, poultry; fruits, vegetables; dairy products.</i>			Neufchâtel		Do not freeze.
Baked goods			hard cheese		Cut and wrap cheese in small pieces; when frozen, may show mottled color due to surface moisture. Thaw in refrigerator.
yeast bread and rolls, baked	3 to 6 months	Freezing does not freshen baked goods. It can only maintain the quality (freshness) the food had before freezing.	Cheddar	6 weeks	
rolls, partially baked	2 to 3 months		Edam, Gouda, Swiss, brick, etc.	6 to 8 weeks	
bread, unbaked	1 month		processed cheese food products (loaf, slices)	4 months	
quick bread, baked	2 to 3 months		Roquefort, blue	3 months	Becomes crumbly after thawing; still good for salads and melting.
cake, baked, unfrosted			Cream — light, heavy, half-and-half	2 months	Heavy cream may not whip after thawing; use for cooking. Thaw in refrigerator.
angel food	2 months		whipped	1 month	Make whipped cream dollops; freeze firm. Place in plastic bag or carton; seal; store in freezer. To thaw, place on top of dessert.
chiffon, sponge	2 months		Eggs		
cheese cake	2 to 3 months		in-shell		Do not freeze.
chocolate	4 months		whites	12 months	Store in covered container; freeze in amounts for specific recipes.
fruit cake	12 months		yolks	12 months	For sweet dishes, mix each cup yolks with one tablespoon corn syrup or sugar. For other cooking, substitute 1/2 teaspoon salt for sugar.
yellow or pound	6 months	Ice cream, ice milk, sherbet	2 months	Cover with plastic wrap or foil after each use to prevent drying out.	
cake, baked, frosted	8 to 12 months	Milk	1 month	Allow room for expansion in freezer container; thaw in refrigerator. Freezing affects flavor and appearance; use in cooking and baking.	
cookies, baked	8 to 12 months				
pie, baked	1 to 2 months				
fruit pie, unbaked	8 months				
Main Dishes					
meat, fish, poultry					
pies and casseroles	3 months				
TV dinners					
shrimp, ham, pork, frankfurter	3 months				
beef, turkey, chicken, fish	6 months				
Home Frozen Foods					
<i>Also see: meats, fish, poultry; fruits, vegetables; dairy products.</i>					
Bread	3 months	Package foods tightly in foil, moisture vapor-proof plastic wrap, freezer wrap or water-tight freezer containers. For casseroles, allow head room for expansion.			
Cake	3 months				
Casseroles — meat, fish, poultry	3 months				
Cookies, baked and dough	3 months				
Nuts					
salted	6 to 8 months				
unsalted	9 to 12 months				
Pies, unbaked fruit	8 months				