

What Can I Freeze?

Before placing in the freezer, label the wrapping or the airtight container with the product name, the current date and the recommended storage time.

Meat: Beef, Pork, Veal, Lamb, Wild Game	Check for holes in trays and plastic wrap of fresh meat. Rewrap if needed. For best quality, double-wrap.
Food	*Recommended Storage Time for Top Quality (at 0°F)
Bacon	1 to 2 months
Canned Meat (marked "Keep Refrigerated")	Do not freeze
Chops: Beef, Veal, Lamb, Pork	4 to 6 months
Corned Beef	1 month, drained
Frankfurters	1 to 2 months Freeze in original packaging.
Ground Meat (uncooked)	Overwrap if storing longer than 2 months.
Ham (vacuum-sealed, whole, half or sliced)	1 to 2 months
Luncheon Meats	1 to 2 months Product may "weep" when defrosted.
Roasts: Beef, Lamb, Pork, Veal	6 to 12 months
Sausage (fresh, unsalted or smoked)	1 to 2 months
Steaks: Beef, Lamb, Pork, Veal	6 to 12 months

Fish	For best quality, double-wrap.
Cooked, Commercially Frozen Seafood	3 months
Lean Fish: Cod, Flounder, Haddock, Sole, Trout, Polluck, Perch	6 months
Fatty Fish: Mackerel, Bluefish Salmon, Tuna, Smelt	2 to 3 months
Shellfish	3 months

Poultry: Chicken, Duck, Turkey	For best quality, double-wrap.
Whole or cut up	12 months
Livers/Giblets	3 to 4 months
Cooked Poultry	4 to 6 months
Chicken Nuggets and Patties	1 to 3 months

Vegetables	
Commercially Frozen	8 months
Frozen from Fresh in the Home	8 months

Fruits	Visit go.illinois.edu/PreservationResources for more information on freezing fruits
Berries, Cherries, Peaches, Pears, Pineapple	9 to 12 months
Fruit Juice Concentrates	8 to 12 months
Citrus Fruits	4 to 6 months

Other Food Staples	
Coconut (shredded)	1 year
Herbs	1 to 2 years
Nuts (unsalted)	9 to 12 months
Nuts (salted)	6 to 8 months
Popcorn (unpopped)	2 to 3 years
Rice (cooked)	6 months
Spices (ground)	1 to 2 years
Spices (whole)	2 to 3 years

Eggs	
Food	*Recommended Storage Time for Top Quality (at 0°F)
Eggs in the Shell	Do not freeze
Whole Eggs Out of the Shell	12 months
Egg Substitutes (unopened)	12 months If opened, do not freeze.

Main Dishes	
Meat, Fish, Poultry: Pie and Casseroles	2 to 4 months
Commercially Frozen Meals/ TV Dinners	3 to 4 months
Soups and Stews	2 to 3 months
Prestuffed Pork, Lamb, Chicken, Beef	Do not freeze

Dairy	
Butter or Margarine	12 months
Hard Cheeses: Cheddar, Swiss, etc.	4 to 6 months
Processed Cheeses (loaves, slices)	4 to 6 months
Soft Cheese: Brie, Cottage	Does not freeze well
Milk	3 months Place into smaller airtight containers and leave an inch at the top to allow it to expand.
Cream, Heavy	2 to 4 months Lighter cream and half-and-half do not freeze well.
Yogurt	1 to 2 months
Ice Cream and Sherbet	2 months

Baked Goods	Freezing does not refresh baked goods; it can only maintain whatever the quality of the food was before freezing.
Yeast Bread and Roll Dough (unbaked)	1 month
Yeast Bread and Rolls (baked)	2 to 3 months
Quick Bread and Muffins (baked)	2 to 3 months
Cake Batter	1 month
Baked Cake (unfrosted)	2 to 4 months
Baked Cake (frosted)	1 month
Angel Food Cake	6 to 12 months
Chiffon Sponge Cake	1 to 2 months
Fruit Cake	6 to 12 months
Cookies (baked at home)	8 to 12 months
Cookies (commercially packaged)	8 to 12 months
Cookie Dough (unbaked)	3 months
Fruit Pies and Pastries (baked)	1 to 2 months
Fruit Pies and Pastries (unbaked)	2 to 4 months
Cream Pies and Pastries	3 months
Pancake and Waffle Batter	3 months