**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.

<table>
<thead>
<tr>
<th>Meat: Beef, Pork, Veal, Lamb, Wild Game</th>
<th>Check for holes in trays and plastic wrap of fresh meat. Rewrap if needed. For best quality, double-wrap.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Bacon</strong></td>
<td>1 to 2 months</td>
</tr>
<tr>
<td><strong>Canned Meat</strong> (marked “Keep Refrigerated”)</td>
<td>Do not freeze</td>
</tr>
<tr>
<td><strong>Chops: Beef, Veal, Lamb, Pork</strong></td>
<td>4 to 6 months</td>
</tr>
<tr>
<td><strong>Corned Beef</strong></td>
<td>1 month, drained</td>
</tr>
<tr>
<td><strong>Frankfurters</strong></td>
<td>1 to 2 months</td>
</tr>
<tr>
<td><strong>Ground Meat (uncooked)</strong></td>
<td>Overwrap if storing longer than 2 months.</td>
</tr>
<tr>
<td><strong>Ham (vacuum-sealed, whole, half or sliced)</strong></td>
<td>1 to 2 months</td>
</tr>
<tr>
<td><strong>Luncheon Meats</strong></td>
<td>1 to 2 months</td>
</tr>
<tr>
<td><strong>Roasts: Beef, Lamb, Pork, Veal</strong></td>
<td>6 to 12 months</td>
</tr>
<tr>
<td><strong>Sausage (fresh, unsalted or smoked)</strong></td>
<td>1 to 2 months</td>
</tr>
<tr>
<td><strong>Steaks: Beef, Lamb, Pork, Veal</strong></td>
<td>6 to 12 months</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Fish</th>
<th>For best quality, double-wrap.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cooked, Commercially Frozen Seafood</strong></td>
<td>3 months</td>
</tr>
<tr>
<td><strong>Lean Fish: Cod, Flounder, Haddock, Sole, Trout, Pollack, Perch</strong></td>
<td>6 months</td>
</tr>
<tr>
<td><strong>Fatty Fish: Mackerel, Bluefish Salmon, Tuna, Smelt</strong></td>
<td>2 to 3 months</td>
</tr>
<tr>
<td><strong>Shellfish</strong></td>
<td>3 months</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Poultry: Chicken, Duck, Turkey</th>
<th>For best quality, double-wrap.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Whole or cut up</strong></td>
<td>12 months</td>
</tr>
<tr>
<td><strong>Livers/Giblets</strong></td>
<td>3 to 4 months</td>
</tr>
<tr>
<td><strong>Cooked Poultry</strong></td>
<td>4 to 6 months</td>
</tr>
<tr>
<td><strong>Chicken Nuggets and Patties</strong></td>
<td>1 to 3 months</td>
</tr>
</tbody>
</table>

**Vegetables**
- Commercially Frozen: 8 months
- Frozen from Fresh in the Home: 8 months

**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**: 2 to 4 months
- **Pie and Casseroles**: 3 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 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

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Adapted from Ohio State University Extension

https://ohioline.osu.edu/factsheet/HYG-5402

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