

Freezer Inventory

An inventory of items in your freezer can prevent over storage of foods and loss of quality. Food stored constantly at zero degrees will always be safe; however, the quality may suffer with lengthy freezer storage.

Keep a list of all the foods in the freezer. Post a food inventory list near the freezer. Update the list each time you put food in or take it out of the freezer.



Food	Number of packages	Date frozen	Number of packages removed
Example: Green beans	Pints: 5 /14		IIIII

See other side for recommended storage time for home frozen food products.



Length of Storage for Quality Food

Food Item ef ground or stew meat roasts, steaks	3 12
ground or stew meat	
-	
• roacic ciaarc	12
amb	0
• chops or steaks	9
• ground meat	3
• roasts	12
eal	0
• cutlets, chops	9
ground meat	3
• roasts	8
ork, cured	
• bacon	1
• ham	2
ork, fresh	
• chops, steaks	4
• roasts	8
• sausage	3
nicken, Turkey (whole)	12; parts 6-9 months
ick, Goose, Wild Game	6
rimp, Crab meat, Oysters	3
sh	3-6
egetables	8-12
ruits	8-12
ooked Foods	
• rolls, biscuits	2-3
quick breads	2-4
• muffins	6-12
cakes, cupcakes	2-3
• cookies	6
soups and purees, combination dishes, stews,	1.6
spaghetti sauce, lasagna	4-6
cooked Foods	
fruit pies	3-4
• sandwiches	3 weeks

(Source: So Easy to Preserve. 2006, page 291-303.)

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