

# FREEZER GUIDE

YOUTUBE.COM/DOITONADIME

FOOD TYPE	FREEZE TIME	NOTES
<b>MEATS</b>		
Chicken	3-6 months	Freeze BEFORE sell by or expiration day. Follow handling recommendations. Do not thaw and then re-freeze raw meat. However, raw meat can be thawed and then cooked and then re-frozen. To give your raw meat more longevity, unwrap from original packaging, wrap in plastic wrap or freezer paper, and then bag. Remove as much air as possible to prevent freezer burn.
Beef	3-6 months	Same as above
Pork (sausage, bacon)	3-6 months	Same as above (if bacon is in a vacuum-sealed plastic wrap, freeze just like that and double bag in grocery bag to prevent freezer burn)
Deli-Meat and Hot-Dogs	3-6 months	We have had great success with these. Store unopened containers. Vacuumed sealed containers/plastic wrap store best.
Fish	3-6 months	See above
Tofu	6-8 months	Store in water in container. Make sure there is room for expansion.
<b>FRUITS</b>		
Berries	8-12 months	The best and easiest to freeze. Wash and dry. Store in Ziplock bags and squeeze out air to prevent freezer burn. They may seem "mushy" if thawed, best used in smoothies.
Grapes	6-8 months	Grapes make an amazing out of the freezer snack (they are cold and taste like a treat). Store in a Ziplock bag. Make sure they are dry when you freeze them.
Bananas	6-8 months	Peel bananas that are on the fritz (turning brown) and store in Ziplock bags. Perfect to add to smoothies!
<b>BAKED GOODS</b>		
Cookies, Brownies, finger sweets	6-8 months	Store in Ziplock bags or storage containers (wrap in foil for delicate foods for extra protection) Cookie dough stores great in containers.
Breads/Buns/ Pastries	6-8 months	I keep them in their original packaging and then put a grocery bag over them to prevent freezer burn. Double bag anything home-made.

Cake	4-6 months	I have had good experience storing cake. Cover frosting with wax paper, then aluminum foil, then double bag
Croutons	3-4 months	Keep in un-opened bag
Tortillas (corn/flour)	3-4 months	Wrap well, best store with wax paper between each tortilla
Cooked pancakes/waffles	3-4 months	Store in a well-sealed bag with a piece of wax paper between each one
Crackers	3-6 months	Store in unopened sleeves or bags. Double bag.
<b>MISC</b>		
Chocolate and candy bars	6-12 months	These freeze GREAT and are even fun to eat cold.
Nuts	8-12 months	Freeze famously, store in a Ziplock bag or storage container
Flour, Sugar, marshmallows, baking powder, etc.	12+ months	If you live in a very humid or moist climate, these things will last longer in the freezer. Keep in original bags. Seal well.
Soups or Stew	4-6 months	Store in containers. DO NOT FILL TO BRIM.
<b>DAIRY</b>		
Cheese	6-12 months	Pre-sliced cheese or shredded cheese un-opened and direct from store (normally packaged in vacuum seal )freezes amazingly (with no ill-effects in my experience). You can re-package it you may notice it become more crumbly.
Eggs	3 months	Hard-boiled or cooked eggs do not freeze well. Freeze in shell overnight, remove from freezer and dip in cool water. Remove the shell and place back in carton. Freeze again for 1hour (flash freeze) so they don't stick together, and then remove from carton and place in a Ziplock bag. Use immediately after thawing.
Milk	1-2 months	Freeze in container. Let thaw (48 hours in fridge) and then shake. Consume within 3 days after thawing. DO NOT STORE A FULL MILK JUG IN THE FREEZER—IT WILL CRACK!
Butter	4-6 months	It surprises me how few people do this. Store un-opened containers as-is. Sticks of butter can freeze, but not as well.
Yogurt	2-3 months	Store in container, texture changes some (more lumpy) but can be done!

**\*\*I am not a doctor or food storage expert. These are my recommendations that have worked for me. Use your discretion when consuming frozen food. Look at it, smell it, and be safe.**