

Freezer Storage Cheat Sheet

*This free tip sheet was produced by the Cheapskates Club –
www.cheapskates.com.au*

Get the most from your freezer by knowing just how long you can keep food at its best with this handy cheat sheet.

Meats

Uncooked bacon, sausage 1-2 months
Lunch meat, unopened 1-2 months
Steaks 6-12 months
Chops 4-6 months
Roasts 4-6 months
Minced beef/pork 3-4 months
Hot dogs 1-2 months

Poultry

Whole turkey or chicken 1 year
Chicken or turkey pieces 9 months
Minced turkey or chicken 3-4 months
Cooked turkey or chicken 4-6 months
Chicken nuggets or patties 1-3 months

Seafood

Prawns, scallops 4-6 months
Shellfish 2-3 months
Lean fish 4-6 months
Fatty Fish 2-3 months
Oysters & mussels 2-3 months

Breads & Desserts

Biscuit dough 4 months
Baked biscuits 6-8 months
Baked pies 1-2 months
Bread & rolls 3-6 months
Cheesecake 2-3 months
Muffins 2-3 months
Light cakes 2 months
Pound cakes 6 months

Dairy

Yoghurt 1-2 months
Eggs 6-8 months
Ice cream 2 months
Milk & Cream 3-4 months
Butter 6-9 months
Hard cheeses 6 months
Soft cheeses 4-6 months

Produce

Frozen vegetables 2-3 months
Fruit 12 months
Citrus fruit 3-4 months
Bottled fruit juice 8-12 months

Casseroles

With chicken 4-6 months
With meat 2-3 months
Pizza 1-2 months

Soups & Stews

Vegetable or meat 2-3 months

*The Cheapskates Club
Showing you how to save money, time
and energy and still have fun!*
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