

Frozen Food Shelf Life

How long can you safely keep frozen foods?

Meat & Meat Products

1 YEAR
Chicken or Turkey (whole)

1-2 MONTHS
Bacon, Ham, Processed Meats
Sausage (uncooked & smoked)
Organ Meats

8-12 MONTHS
Wild Game (uncooked)

3-4 MONTHS
Ground Meats

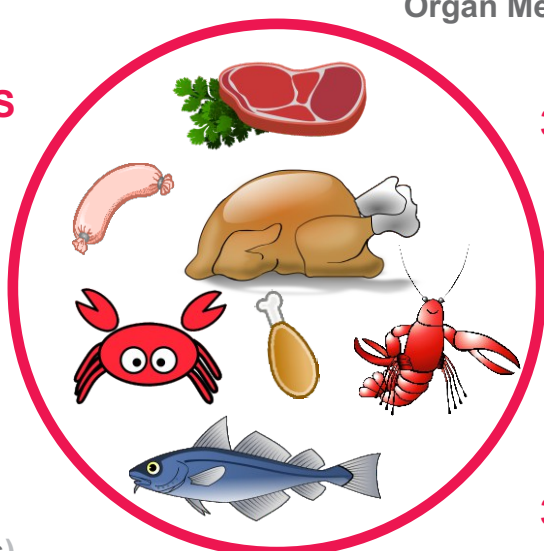
6-12 MONTHS
Steak

3-8 MONTHS
Fish

6-9 MONTHS
Chicken (pieces)

3-12 MONTHS
Shellfish

4-12 MONTHS
Chops (pork, veal, lamb)
Roast Meats



Leftovers

3 MONTHS
Fish

1-2 MONTHS
Pizza

2-6 MONTHS
Meat or Poultry

1-3 MONTHS
Chicken Nuggets/ & Patties

2-3 MONTHS
Broth & Gravy
Casseroles
Soups & Stews

2 MONTHS
Pasta



Dairy & Dairy Products

12 MONTHS
Eggs (shelled)
Eggs (substitute)

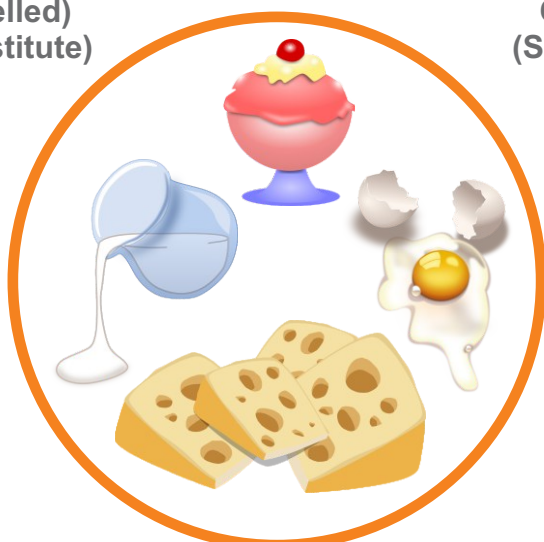
2-3 MONTHS
Cheese (Shredded)

6-9 MONTHS
Butter

2-4 MONTHS
Ice Cream

6 MONTHS
Cheese (Hard)

3 MONTHS
Milk & Buttermilk



Baked Good & Nuts

9-12 MONTHS
Nuts (unsalted)

1 MONTH
Bread & Rolls (unbaked)
Cake (baked & frosted)

6-12 MONTHS
Cookies (baked)

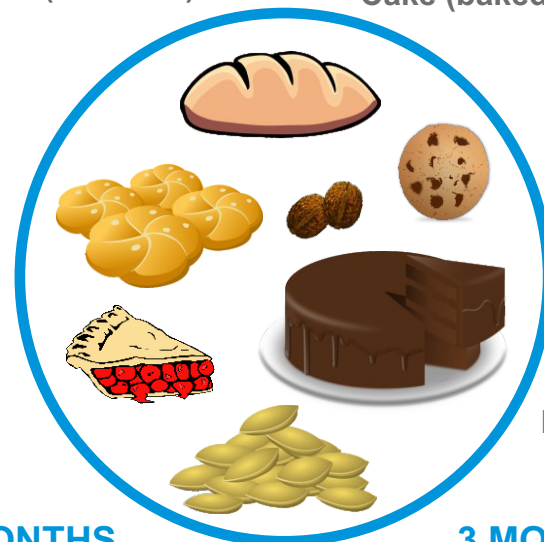
2-3 MONTHS
Bread (baked)

6-8 MONTHS
Fruit Pie (baked)
Nuts (salted)

2-4 MONTHS
Cake (baked & unfrosted)
Fruit Pie (unbaked)

3-6 MONTHS
Rolls (yeast)

3 MONTHS
Cookie Dough



Fruits & Vegetables

8-12 MONTHS
All fruits and vegetables



For more on food safety and food compliance issues, visit us at:

www.foodfocus.co.za

