

Tips on How to Freeze Food

How long can you freeze most foods?

- You can keep most foods in the freezer for 2 to 6 months without having freezer burn. Label your food with the date when you freeze it to know how long it has been in the freezer.



What temperature should I freeze food at?

- The recommended freezer temperature to keep your food safe is at or below 0 degrees Fahrenheit.

How do I prevent freezer burn?

- Use freezer wrap or air-tight freezer-safe containers to increase the food's "shelf life". Don't use plastic wrap since it lets a lot of air in.
- Use square or rectangular containers to store food. They stack well and take up less space.
- Before you freeze any cooked meat, make sure it is fully cooked. Any steam that gets trapped in your wrapping may cause bacteria (germs) to grow.



Food Type	How long it can last in the freezer
Hamburger, ground beef, turkey, chicken, other poultry, veal, pork, lamb, and mixtures of them	3 to 4 months
Fresh steaks, chops, and roasts	4 to 12 months
Chicken or turkey (whole)	1 year
Chicken or turkey (pieces)	9 months
Leftover meat or chicken	2 to 6 months
Leftover soups or stews	2 to 3 months

Talk to your CHN nutritionist if you have more questions!