

# FREEZER FOODS CHEAT SHEET

HOW LONG FOODS KEEP IN THE FREEZER



**RAW ROASTS, STEAKS &  
PORK CHOPS**

**4-12 Months**



**COOKED GROUND BEEF &  
MEATBALLS**

**3 Months**



**WHOLE CHICKEN OR  
TURKEY**

**12 Months**



**RAW CHICKEN**

**9 Months**



**COOKED CHICKEN**

**9 Months**



**COOKED FISH**

**4-6 Months**



**CHEESE**

**6 Months**



**BUTTER**

**6-9 Months**



**FROZEN VEGETABLES**

**8 Months**



**CASSEROLES, SOUPS &  
STEW**

**2-3 Months**



**KEEP FREEZER AT 0°  
FOR BEST QUALITY**

