



## Helpful Tips

- ❁ Freezer should be set at 0° F or below. Keep a freezer thermometer in a back corner of your freezer to monitor temperature.
- ❁ Always start with the freshest food and freeze immediately after purchase.
  - ❁ A full freezer runs more efficiently than a partially full one.
  - ❁ Keep food safety in mind; always thaw foods in refrigerator, not on kitchen countertop.
  - ❁ Freezer Mates® containers are intended for freezing fresh raw food or for storing purchased frozen food. To freeze home-cooked foods for later microwave reheating use Tupperware's Vent 'n' Serve™ containers.

## Recommended Freezer Storage Times\*

\*As reported by the National Food Safety Database

### Meat

Bacon.....	1 month
Frankfurters.....	2 months
Ground or Stew Meat.....	3 months

### Roasts

Beef or Lamb.....	12 months
Pork or Veal.....	8 months

### Steaks or Chops

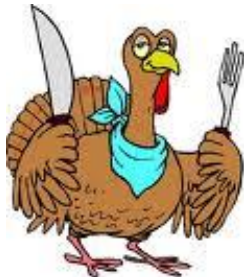
Beef.....	12 months
Lamb or Veal.....	9 months
Port.....	4 months
Variety Meats.....	4 months

### Fish/Shellfish

"Fatty" Fish (salmon, bluefish).....	3 months
"Lean" Fish (sole, etc).....	6 months
Shellfish.....	3 months

### Poultry

Uncooked, whole:	
Chicken or Turkey.....	12 months
Duck or Goose.....	6 months
Chicken parts.....	9 months
Turkey parts.....	6 months



### Pastry/Baked Goods

Cakes:	
Layers, unfrosted.....	4 months
Layers, frosted.....	3 months
Pound, Bundt-style.....	6 months

### Cookies

Baked or Unbaked.....	6 months
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### Cupcakes

Frosted.....	2 months
Unfrosted.....	3 months



### Pastry

Unbaked.....	2 months
Baked.....	3 months
Crumb Crust.....	2 months
Bread.....	6 months

### Fruits/Vegetables

Fruits and Berries.....	12 months
Fruit Juice Concentrates.....	12 months
Blanched Vegetables.....	8 months