

FREEZER STORAGE GUIDE

Food can be frozen indefinitely and be safe. It is the quality of the food that diminishes over time. These guidelines are for maximum quality of your frozen foods.

<u>FOOD ITEM</u>	<u>MONTHS</u>
Bacon and Sausage.....	2
Butter or margarine.....	9
Casseroles.....	2 to 3
Citrus fruits and juices.....	4 to 6
Egg whites or egg substitutes.....	12
Fish or shellfish	
"Fatty" fish.....	3
"Lean" fish.....	6
Shellfish.....	3
Frozen Dinners and Entrees.....	3 to 4
Fruits (except citrus).....	12
Ham, Hot Dogs and Lunchmeats.....	2
Ice cream or sherbet.....	1
Meat, ground or stew.....	3 to 4
Meat, cooked or leftover.....	2 to 3
Poultry	
Cooked, with gravy.....	6
Cooked, no gravy.....	1
Duck or Goose.....	6
Uncooked (whole), chicken or turkey.....	12
Uncooked (parts) chicken.....	9
Uncooked (parts) turkey.....	6
Uncooked giblets.....	3 to 4
Roasts, Fresh	
Beef or lamb.....	12
Pork or veal.....	8
Soups and Stews.....	2 to 3
Steak or Chops, Fresh	
Beef.....	12
Lamb or veal.....	9
Pork.....	4
Variety meats, Fresh.....	4
Vegetables.....	8 to 12
Wild game, uncooked.....	8 to 12

FREEZER MATES

1lb. Ground Beef, Turkey Or Chicken
1lb. Of Sausage Links
1lb. Of Most Veggies
1lb. Scallops-Some Other Seafoods

2-3 Large Steaks
Small 2 Lb Roast
2 Lbs. French Fries
8-10 Pancakes Or French Toast
Breads (Banana, baked yeast, etc.)



1/2lb. Of Chicken Tenders
Small Portions Of Most Left Overs
1- 1½ lbs Of Nuts (2cup Chopped)
1 Medium Onion (Chopped)

1½ Lbs Ground Meat
1 Lb (3 Pieces) Of Boneless,
Skinless Chicken Breast
1½ Lbs. Of Chicken Tenders
2 Sandwiches "Side By Side"
1 Lb Of Bacon (Rolled)
1 Lb Of Frozen Veggies

THE PERFECT SOLUTION!

EASY FREEZING TIPS

THE COLDER, THE BETTER Set your temperature at 0° F, or below to maintain the best food color, flavor, and texture. A freezer thermometer will help you monitor the temperature and the right temperature will ensure freshness.

QUALITY COMES FIRST Start with first-rate ingredients when preparing foods for the freezer. Freeze most garden vegetables and fruits the same day you harvest them. Freezing retains but cannot improve the quality and flavor of food.

COOL, THEN FREEZE Before freezing cooked food, quickly cool the mixture so bacteria won't grow. Cool large amounts of cooked food to room temperature by placing the container of warm food in a sink or large bowl filled with ice. If possible, stir the food occasionally so it cools evenly.

CAPITALIZE ON CONTAINER CAPACITY Liquid or semi-liquid foods, such as soups and stews, will expand as they freeze. Be sure to choose the right size Freezer Mates Container so you can allow about 1/2 inch of headspace below the rim of the container. Seal all other foods with as little air in the container as possible.

A COOL COOLER IDEA Create a leak-proof ice pack for your lunch box or cooler by filling appropriate size Freezer Mates container with water, leaving a 1/2-inch headspace, and freezing with the seal on. Once frozen, toss in lunch box or cooler.

IF THE POWER GOES OFF, do not open the freezer door.

WITHOUT POWER, a full freezer at 0° F will keep food fresh for 2 -3 days. At half-full, the food will keep only about 24 hours.

FLASH FREEZING

To keep foods from freezing together, *FLASH FREEZE!*

-  Always rinse the food you are freezing.
-  Shake off as much moisture as possible.
-  Place the food in a single layer on a cookie sheet and place in the freezer.
-  When the food is frozen, remove it from the cookie sheet and place it in the appropriate Freezer Mates container.
-  The food will now stay frozen individually so that you can remove one item at a time!

FABULOUS FREEZER JAM

WASH AND RINSE PLASTIC CONTAINERS WITH TIGHT FITTING LIDS. Use 1 to 2 cup size containers.

PREPARE FRUIT AS DIRECTED IN FOLLOWING CHART. For berries, crush 1 cup at a time, using a potato masher for best results. If using food processor, pulse to very finely chop. **DO NOT PUREE.** Jam should have bits of fruit.

MEASURE EXACT AMOUNT OF PREPARED FRUIT OR JUICE into a large bowl.

MEASURE EXACT AMOUNT OF SUGAR into separate bowl. (**DO NOT** Reduce Sugar, **DO NOT** use Sugar Substitutes.)

STIR SUGAR INTO PREPARED FRUIT OR JUICE. Mix Well. Let stand 10 minutes; stir occasionally.

STIR PECTIN INTO LEMON JUICE (OR VINEGAR) AND WATER (IF REQUIRED) in small bowl.

STIR PECTIN MIXTURE INTO PREPARED FRUIT OR JUICE. Stir constantly until sugar is completely dissolved and no longer grainy, about 3 minutes. (A few sugar crystals may remain.)

POUR INTO PREPARED CONTAINERS, leaving 1/2-inch space at top for expansion during freezing; cover.

LET STAND AT ROOM TEMPERATURE 24 HOURS UNTIL SET. Refrigerate up to 3 weeks. Otherwise, store in freezer for up to 1 year. Thaw in refrigerator.

JAM TYPE	FRUIT NEEDED	HOW TO PREPARE	PREPARED FRUIT	SUGAR	CERTO	APPROX YIELD
Apricot	2 lbs Apricots	Leave skin on, pit and very finely chop	3 cups Apricots 1/4 cup water	6 cups	2 pouches	7 cups
Blueberry	2 pts Blueberries 1 lemon	Discard stems and crush blueberries	2 cups crushed blueberries 2 tbs lemon juice	4 cups	1 pouch	5 cups
Cherry (Sour)	1 1/2 lb sour cherries 2 lemons	Discard stems, pit and very finely chop sour cherries	1 1/4 cups prepared sour cherries 1/4 cup lemon juice	4 cups	1 pouch	4 cups
Peach	2 1/4 lb peaches 3 Lemons	Peel, pit and mash peaches	2 1/4 cups prepared peaches 1/2 cup lemon juice	6 1/2 cups	2 pouches	8 cups
Mango	4 medium mangos 2 lemons	Peel, pit and mash mangoes	3 cups prepared mangoes 1/4 cup lemon juice	6 cups	2 pouches	8 cups
Red Raspberry or Blackberry	2 pts berries 1 lemon	Crush berries, sieve half of the pulp to remove some seeds, if desired	2 cups prepared berries 2 tbs lemon juice	4 cups	1 pouch	5 cups
Raspberry-Peach	1 1/2 pt raspberries 1 lb peaches 2 lemons	Crush raspberries. Peel, pit and mash peaches.	1 1/2 cups prepared raspberries 1 cup prepared peaches 3 tbs lemon juice	4 1/2 cups	1 pouch	6 cups
Strawberry	1 qt strawberries 1 lemon	Discard stems and crush strawberries	2 cups prepared strawberries 2 tbs lemon juice	4 cups	1 pouch	4 cups
Strawberry-Blueberry	1 pt strawberries 1 pt blueberries 1 lemon	Discard stems and crush strawberries Discard stems and crush blueberries	1 cup crushed strawberries 1 cup crushed blueberries 2 tbs lemon juice	4 cups	1 pouch	5 cups

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