

Tips on Freezing Home-Prepared Foods

All flavorings should be added when the dish is prepared for heating before serving because:

- black pepper, clove, onion and garlic in casseroles become stronger during freezer storage.
- other seasonings tend to weaken in freezing.

Stews keep better than fried or broiled meats.

Some foods do not freeze satisfactorily, or have a very limited storage life. . .

- mayonnaise does not keep as well as salad dressing.
- whites of hard cooked eggs get tough and rubbery.

Cream-style sweet corn retains its flavor better than whole kernel corn, and far better than corn on the cob.

Freezer Storage Chart

Temperature: 0°F or below is best. Maximum temperature should be 5°F. Check temperature freezer the *thermometer* or *outdoor thermometer*, or use this rule of thumb: if freezer cannot keep ice cream brick-solid, temperature is above the recommended level. In this case, do not store food more than a week.

Time: Date food packages with an "expiration date" according to maximum storage time recommended below. Longer storage is not dangerous, but flavors and textures begin to deteriorate.

Packaging: Use foil, moisture vapor-proof plastic bags and wraps, freezer wrap or freezer containers. Foil, when folded, may develop pinholes, resulting in freezer burn.

Commercial Frozen Foods: Pick up frozen foods just before going to check out counter. Purchase only foods frozen solid. Place in home freezer as soon as possible. Cook or thaw according to label instructions.

Home Frozen Foods: Freeze in coldest part of freezer. Freeze no more than 3 lbs. per cubic foot of freezer space within 24 hours.

Food	Recommended Storage Time at 0°F	Handling Hints	Food	Recommended Storage Time at 0°F	Handling Hints
Meat, Fish, Poultry			Fish — home frozen and purchased frozen		
Meat —home frozen		*Freezing cured meats not recommended.	fillets and steaks from lean fish: cod, flounder, haddock, sole	6 months	Same as Meat — home frozen
bacon*		Saltiness encourages rancidity. If frozen, use within a month.	"fatty" fish: bluefish, perch, mackerel, salmon	2 to 3 months	Keep purchased frozen fish in original wrapping; thaw; follow cooking directions on label.
corned beef*		**Freezing not recommended.	breaded fish	3 months	
frankfurters**		Emulsion may be broken, and product will "weep."	clams	3 months	
ground beef, lamb, veal	2 to 3 months	***Freezing alters flavor.	cooked fish or seafood	3 months	
ground pork	1 to 2 months	Check for holes in trays and plastic wrap of fresh meat. If none, freeze in this wrap up to two weeks. For longer storage, overwrap with suitable freezer wrap.	king crab	10 months	
ham and picnic cured*		Put two layers of waxed paper between individual hamburger patties.	lobster tails	3 months	
luncheon meat**			oysters	4 months	
roasts			scallops	3 months	
beef	6 to 12 months		shrimp, uncooked	12 months	
lamb, veal	6 to 9 months				
pork	3 to 6 months		Poultry — home frozen or purchased frozen		
sausage, dry, smoked***			chicken, whole or cut-up	10 months	Same as Meat — home frozen
sausage, fresh, unsalted	1 to 2 months		chicken livers	3 months	
steaks and chops			cooked poultry	3 months	
beef	6 to 9 months		duck, turkey	6 months	
lamb, veal	3 to 4 months				
pork	2 to 3 months				
venison, game birds	8 to 12 months				

