

## Freezer Inventory

An inventory of items in your freezer can prevent over storage of foods and loss of quality. Food stored constantly at zero degrees will always be safe; however, the quality may suffer with lengthy freezer storage.

Keep a list of all the foods in the freezer. Post a food inventory list near the freezer. Update the list each time you put food in or take it out of the freezer.



Food	Number of packages	Date frozen	Number of packages removed
Example: Green beans	Pints: 5 /14		IIII

## Length of Storage for Quality Food

Food Item	Months
<b>Beef</b>	
• ground or stew meat	3
• roasts, steaks	12
<b>Lamb</b>	
• chops or steaks	9
• ground meat	3
• roasts	12
<b>Veal</b>	
• cutlets, chops	9
• ground meat	3
• roasts	8
<b>Pork, cured</b>	
• bacon	1
• ham	2
<b>Pork, fresh</b>	
• chops, steaks	4
• roasts	8
• sausage	3
<b>Chicken, Turkey (whole)</b>	12; parts 6-9 months
<b>Duck, Goose, Wild Game</b>	6
<b>Shrimp, Crab meat, Oysters</b>	3
<b>Fish</b>	3-6
<b>Vegetables</b>	8-12
<b>Fruits</b>	8-12
<b>Cooked Foods</b>	
• rolls, biscuits	2-3
• quick breads	2-4
• muffins	6-12
• cakes, cupcakes	2-3
• cookies	6
• soups and purees, combination dishes, stews, spaghetti sauce, lasagna	4-6
<b>Uncooked Foods</b>	
• fruit pies	3-4
• sandwiches	3 weeks

(Source: So Easy to Preserve. 2006, page 291-303.)

### References:

- Andress, E. Harrison, J. (2006). *So easy to preserve*. Cooperative Extension the University of Georgia. Fifth Edition.
- Crayton, E. (2001). Frozen food storage and care of your freezer. Alabama Cooperative Extension System. Accessed on July 7, 2009. Retrieved from <http://www.aces.edu/pubs/docs/E/EFNEP-0191/EFNEP-0191.pdf>
- Extension. Accessed on July 7, 2009. Retrieved from <http://extension.missouri.edu/publications/DisplayPub.aspx?P=GH1501>
- Freezing prepared foods. Iowa State University Extension. (2001). Accessed on July 7, 2009. Retrieved from <http://www.extension.iastate.edu/Publications/PM799.pdf>
- LSU Ag Center Research and Extension. *Freezer burn can defeat good intentions*. Accessed on July 7, 2009. Retrieved from [http://www.lsuagcenter.com/en/our\\_offices/parishes/Red+River/Features/FCS/Freezer+burn+can+defeat+good+intentions.htm](http://www.lsuagcenter.com/en/our_offices/parishes/Red+River/Features/FCS/Freezer+burn+can+defeat+good+intentions.htm)
- Willenberg, B. Quality for keeps: Freezing basics. University of Missouri