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FREE KITCHEN REFERENCE

Freezer Storage Chart

Best-quality times for food kept in a freezer at 0°F (-18°C) or below, set from USDA FoodKeeper. FSIS says food stored constantly at 0°F will always be safe; only its quality suffers over time. Date each package when it goes in and use the oldest first.

MEAT AND POULTRY	
Chicken breast	About 9 months (270 days)
Chicken thighs	About 9 months (270 days)
Chicken wings	About 9 months (270 days)
Ground beef	About 4 months (120 days)
Ground chicken	About 4 months (120 days)
Ground lamb	About 4 months (120 days)
Ground pork	About 4 months (120 days)
Ground turkey	About 4 months (120 days)
Steak	About 12 months (365 days)
Pork chops	About 6 months (180 days)
Sausage	About 2 months (60 days)
Bacon	About 30 days
Prosciutto	1 month

FISH AND SEAFOOD	
Salmon	About 3 months (90 days)
Cod	About 8 months (240 days)
Tilapia	About 8 months (240 days)
Barramundi	About 6 months (180 days) *
Fish fillets	About 6 months (180 days) *
Shrimp	About 6 months (180 days)
Scallops	About 3 months (90 days)

DAIRY	
Milk	About 3 months (90 days)
Buttermilk	About 3 months (90 days)
Half and half	4 months
Heavy cream	About 4 months (120 days)
Butter	About 9 months (270 days)
Greek yogurt	About 2 months (60 days)
Yogurt	About 2 months (60 days)
Creme fraiche	About 2 months (60 days) *
Mascarpone cheese	About 3 months (90 days) *
Cheddar cheese	About 6 months (180 days)
Monterey Jack cheese	About 6 months (180 days) *
Mozzarella cheese	About 6 months (180 days)
Parmesan cheese	About 6 months (180 days)
Pecorino cheese	About 6 months (180 days)
Gruyere cheese	About 6 months (180 days)
Cotija cheese	About 6 months (180 days) *
Feta cheese	About 3 months (90 days) *
Goat cheese	About 3 months (90 days)

FRUIT	
Apples	About 8 months (240 days)
Bananas	About 3 months (90 days)
Blueberries	About 10 months (300 days)
Raspberries	About 10 months (300 days)
Strawberries	About 10 months (300 days)

VEGETABLES	
Asparagus	About 5 months (150 days)
Beets	About 8 months (240 days)
Bell peppers	About 8 months (240 days)
Broccoli	About 10 months (300 days)
Brussels sprouts	About 10 months (300 days)
Cabbage	About 10 months (300 days)
Carrots	About 10 months (300 days)
Cauliflower	About 10 months (300 days)
Celery	About 10 months (300 days)
Chard	About 8 months (240 days) *
Corn	About 8 months (240 days)
Eggplant	About 8 months (240 days)
Ginger	About 6 months (180 days)
Green beans	About 8 months (240 days)
Green onions	About 6 months (180 days)
Jalapenos	About 9 months (270 days)
Kale	About 10 months (300 days)
Leeks	About 8 months (240 days)
Mushrooms	About 10 months (300 days)
Shiitake mushrooms	About 10 months (300 days)
Peas	About 8 months (240 days)
Tomatoes	About 2 months (60 days)
Cherry tomatoes	About 2 months (60 days)
Zucchini	About 10 months (300 days)

FRESH HERBS	
Basil	About 2 months (60 days)
Chives	About 2 months (60 days)
Cilantro	About 2 months (60 days)
Dill	About 2 months (60 days)
Mint	About 2 months (60 days)
Parsley	About 4 months (120 days)
Rosemary	About 2 months (60 days)
Thyme	About 2 months (60 days)

TOFU AND TEMPEH	
Tofu	About 5 months (150 days)
Tempeh	About 6 months (180 days)

Sources: USDA FoodKeeper (FoodSafety.gov) and USDA FSIS, Freezing and Food Safety. * Our estimate: FoodKeeper and FSIS give no freezer time for this food. Thaw in the fridge, in cold water or in the microwave, never on the counter, and cook food thawed in water or the microwave right away.

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