






Frozen Food

STORAGE CHART



FOOD	TYPE	FREEZER (<=0 °F)	FOOD	TYPE	FREEZER (<=0 °F)
 Eggs	Raw eggs in shell	Do not freeze in shell.	 Fish	Fatty fish (bluefish, catfish, mackerel, mullet, salmon, tuna, etc.)	2-3 months
	Raw egg whites and yolks	12 months		Lean fish (cod, flounder, haddock, halibut, sole, etc.)	6-8 months
	Raw egg accidentally frozen in shell	Keep frozen, then refrigerate to thaw.		Lean Fish (pollock, ocean perch, rockfish, sea trout.)	4-8 months
	Hard-cooked eggs	Do not freeze.	 Seafood	Fresh crab meat	2-4 months
	Egg substitutes, liquid, unopened	Do not freeze.		Fresh lobster	2-4 months
	Egg substitutes, liquid, opened	Do not freeze.		Live crab, lobster	Not recommended.
	Egg substitutes, frozen, unopened	12 months		Live clams, mussels, oysters, and scallops	Not recommended.
	Egg substitutes, frozen, opened	Do not freeze.		Shrimp, crayfish	6-18 months
	Casseroles with eggs	2-3 months after baking		Shucked clams, mussels, oysters, and scallops	3-4 months
	Eggnog, commercial	6 months	 Soups & Stews	Squid	6-18 months
	Eggnog, homemade	Do not freeze.		Vegetable or meat added	2-3 months
	Pumpkin or pecan pies	1-2 months after baking		 Leftovers	Cooked meat or poultry
Custard and chiffon pies	Do not freeze.	Chicken nuggets or patties	1-3 months		
Quiche with filling	2-3 months after baking	Pizza	1-2 months		