





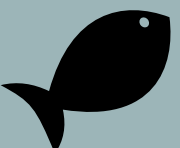


FREEZER STORAGE CHEAT SHEET

Meat		Months	Basics		Months
 	Steak	4 - 12	 	Rice	6
	Chops	4 - 6		Flour	12
	Joints	9 - 12		Bread	3
	Mince	3 - 4		Cakes	2 - 3
	Bacon	1		Pastries	4 - 6
	Sausage	1 - 2		Pizza	1 - 2
	Soups	4		Tofu	5
	Stocks	4 - 6		Fruit	8 - 12
	Stews	3 - 6		Vegetables	8 - 12
	Poultry			Months	Dairy
	Whole	1		Butter	9
	Part	6 - 9		Margarine	12
	Cooked	4		Ice Cream	2
	Eggs <i>(not in shell)</i>	9		Cheese	6
				Yoghurt	1 - 2
Fish		Months	Special Freezer Notes		
	Lean	6	<ul style="list-style-type: none"> ✓ Never put warm food in the freezer. That's what causes freezer burn! ✓ Get as much air out of the container as possible. The less air, the longer it will keep! ✓ Flash Freeze items so they won't stick together in your container or bag. 		
	Oily	2 - 3			
	Breaded	4 - 6			
	Cooked	4 - 6			
	Smoked	2			
	Seafood	3 - 6			