

How long can I store frozen food?

Recommended maximum storage times (for best quality)

MEAT/CHICKEN/FISH

Chops and steak	6 months
Mince	2 months
Sausages	2 months
Whole chicken (unstuffed)	6 months
Poultry pieces	3-4 months
Cooked chicken	1 month
Fish and seafood	2 months
Bacon, ham and other cured meats	1 month

COOKED FOOD

Casseroles based on meat, fish or poultry	2-3 months
Soups	2-3 months
Frozen vegetables	6 months
Stewed or puréed fruit	6 months
Cooked legumes	6 months
Stock	2 months
Muffins, scones and cakes	3 months
Pies and pastries	2-3 months
Pesto (freeze in ice-cube trays)	6 months

BASIC INGREDIENTS

Bread	3 months
Ice cream, sorbets	2-3 months
Butter and margarine	4 months
Cheese (best frozen grated)	5 months
Uncooked egg whites	12 months
Milk	1 month
Nuts	6 months
Pastry	6 months

Download this chart from www.healthyfood.co.nz/resources/downloads-and-posters

TIP Remember: while the quality of food frozen beyond the recommended times will decline, the food will not make you sick unless it is improperly defrosted, handled and cooked. Use the advice on food packages as a guide as well.