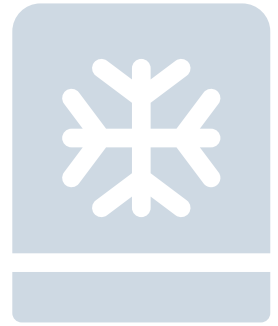


Freezer

FOOD STORAGE CHART



MEAT

food	time	food	time
Ground beef	4 months	Hamburger	3-4 months
Beef roasts & steaks	1 year	Chicken and turkey (whole)	1 year
Lamb and veal	9 months	Chicken and turkey (pieces)	6 months
Ham	2 months	Chicken and turkey (cooked)	4-6 months
Pork chops	4 months	Ground turkey and chicken	4 months
Pork roast or loin	8 months	Hot dogs	1-2 months
Bacon & sausages	1 month	Lunch meats	1-2 months



FISH & SEAFOOD

food	time	food	time
Lean fish (raw)	6 months	Crab	10 months
Fatty fish (raw)	3 months	Lobster	1 year
Breaded fish	3 months	Shrimp and scallops (unbreaded)	1 year

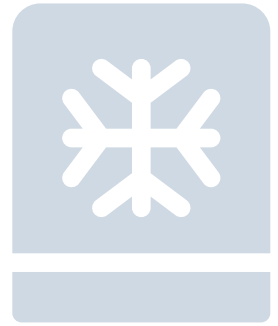


DAIRY & EGGS

food	time	food	time
Butter	6-9 months	Milk	3 months
Cheese	6 months	Yogurt	1-2 months
Ice cream	2-4 months	Eggs (raw, not in shells)	1 year
Margarine	12 months	Shrimp and scallops (unbreaded)	1 year

Freezer

FOOD STORAGE CHART



FRUITS

food	time	food	time
Apples	8 months	Grapes (whole)	1 month
Avocados	8 months	Melons	1 month
Bananas	2-3 months	Peaches, nectarines, plums or pears	8-12 months
Blueberries	8-12 months	Pineapple	8-12 months
Citrus fruits	4-6 months	Strawberries	8-12 months



VEGGIES

food	time	food	time
Asparagus	5 months	Corn on the cob	8 months
Broccoli	10-12 months	Onions	10-12 months
Brussels sprouts	10-12 months	Potatoes	10-12 months
Cabbage	10-12 months	Spinach or leaf lettuce	10-12 months
Carrots	10-12 months	Summer squash or zucchini	10-12 months
Cauliflower	10-12 months	Tomatoes	2 months
Celery	10-12 months	Winter squash	10-12 months



OTHER

food	time	food	time
Casseroles (cooked)	3 months	Cakes, pastries, doughnuts	3 months
Paste and rice (cooked)	3 months	Pancakes, bagels	2 months
Soups and stews	2 months	Frozen dinners	3-4 months
Bread, cookies	3 months	Pizza	1-2 months