

FREEZETHIS

Freezer Storage Times Cheat Sheet

How long everyday foods keep their best taste and texture in a home freezer at 0 degrees Fahrenheit.

Print it, stick it on the fridge, and check a food in seconds.

51 FOODS · USDA GUIDANCE · UPDATED OCTOBER 2026

How to Read This Chart

Freezing keeps food safe for a long time when it stays frozen solid. These times are about best quality. Food used near these times tastes better, cooks better and wastes less. Every food with a full guide lives at **freezethis.com** with packing, storage and thawing steps.

Dairy and Eggs

Food	Best freezer time
Cheese, hard blocks	6 months
Cheese, shredded	3 to 4 months
Cream cheese	2 months
Butter	6 to 9 months
Milk	3 months
Eggs, whites and yolks	12 months
Sour cream	2 months
Yogurt	1 to 2 months
Cottage cheese	1 month
Ricotta cheese	1 to 2 months
Heavy cream	1 to 2 months
Buttermilk	3 months
Cheesecake	2 to 3 months

Meat and Seafood

Food	Best freezer time
Bacon	1 month
Chicken, cooked	4 months
Chicken pieces, raw	9 months
Whole chicken, raw	12 months
Beef steaks and roasts	6 to 12 months
Ground beef	3 to 4 months
Pork chops and roasts	4 to 6 months
Fish, lean	6 to 8 months
Fish, fatty like salmon	2 to 3 months
Shrimp	3 to 6 months

Cooked Meals and Leftovers

Food	Best freezer time
Cooked rice	6 months
Mashed potatoes	10 to 12 months
Chicken salad, mixed	Best not frozen
Soups and stews	2 to 3 months
Casseroles	2 to 3 months
Pizza	1 to 2 months
Cooked pasta dishes	2 to 3 months

Vegetables

Food	Best freezer time
Mushrooms, cooked	9 to 12 months
Celery, blanched	12 months
Onions, chopped	3 to 6 months
Cabbage, blanched	9 months
Tomatoes, cooked use	6 months
Potatoes, blanched	10 to 12 months
Mixed vegetables	10 to 12 months
Corn on the cob	12 months

Fruits

Food	Best freezer time
Avocados	3 to 4 months
Bananas, peeled	2 to 3 months
Watermelon	3 months
Berries	10 to 12 months
Peaches	10 to 12 months

Sauces and Pantry Staples

Food	Best freezer time
Hummus	3 to 4 months
Tomato sauce	2 to 3 months
Broth and stock	2 to 3 months
Coffee beans	3 to 6 months

Bread and Baking

Food	Best freezer time
Tortillas, flour	6 months
Tortillas, corn	4 months
Bread loaves	3 to 6 months
Cake	2 to 4 months

Five Habits That Make Frozen Food Last Better

Keep it cold: Hold the freezer at 0 degrees Fahrenheit so food stays frozen solid.

Label every pack: Write the food name and the date on the bag before it goes in.

Push out the air: Less air in the pack means less freezer burn and better texture.

Freeze flat: Flat bags stack neatly, freeze fast and thaw fast.

Pack small portions: Small packs thaw evenly and cut waste at dinner time.

Good to know: These times cover best taste and texture. When food looks off, smells off or was stored badly, throw it out. Need the full steps for one food? Search the food name at freezethis.com and open the complete guide.