

Health Tips for seniors

How long will your food last in the freezer?

- Always remember to date everything & check dates.
- Always use proper storage bags or containers for freshness
- Use the following as a guide for storing foods:

1 to 2 months

Ice cream, Danishes, pancakes, waffles, whipped cream, sausage, ham, hot dogs

3 to 4 months

Fresh giblets, ground meat or stew; variety meats such as heart, liver, tongue; shucked mussels, clams, shrimp, crabmeat, scallops, cooked fish pieces; muffins, rolls, quick breads

4 to 6 months

Baked cookies, unbaked dough, angel & sponge cakes; cheese, duck, goose, game birds; pork, roasts, or chops; cooked leftover poultry; fresh lean fish such as cod, flounder, trout, haddock, halibut, pollack, perch; kiwis

9 months

Butter/margarine; lamb, roasts or chops

6 to 12 months

Hard/grated cheese; beef roasts, steaks, chicken or turkey pieces; venison, roasts, steaks or chops; bread, vegetables, most fruits

For more info visit: <http://hgic.clemson.edu/factsheets/HGIC3522.htm>

Erie County Department of Senior Services

(716) 858-8526

www.erie.gov/depts/seniorservices/

Prepared by: Antonio S. Santo, Ph.D.

