



# Freezer Storage Chart

Measurements are approximate. Some will fill to brim and some will have ample room. 0 amounts varies	Large Rect. or Rect Deep. 12 cups	Rect. Shallow 2 cups	Rect. Medium 5 1/2 cups	Small 1 3/4 cups	Small Medium 3 1/3 cups	Small Deep 6 cups	Mini Square 1/3 cup	Mini Rect. 3/4 cup
<b>Beef:</b>								
Cubed Steak		1 1/2 lbs.	2 - 3 lbs.	2 small		2 - 3 lbs.		
Steaks (large)			2 - 3			2 - 3		
Rib Eye Steaks		1 lb.	2 lbs.	1/2 lb. (sm)		2 1/2 lbs.		
Rib Eye Roast	3 lbs.					2 lbs.		
Bonesless Sirloin Steak		1 lb.	4 lb.s					
Sirloin Tips						2 lbs.		
Boneless Chuck Roast	(2) 2 lbs.					2 - 3 lbs.		
Rump Roast	(2) 3 lbs.					2 - 3 lbs.		
Short Ribs	4 lbs.				1 1/2 lbs.	2 1/2 lbs.		
Hamburger or Turkey Patties	16 (1/4 lb.)							
Cubed Meat (stew, fondue, etc)		1 lb.		1/2 lb.	1 1/2 lbs.			1/2 lb.
Browned Ground Beef/Turkey				1 lb.	2 lbs.			1/2 lb.
<b>Chicken:</b>								
Thighs		2 lbs.	3 - 4 lbs.			3 - 4 lbs.		
Drumsticks		1 lb.	2 - 3 lbs.			2 - 3 lbs.		
Wings	4 lbs.							
Breast (boneless)		1 - 2 lbs.	2 - 3 lbs.			3 - 4 lbs.		
(with bone)	4 lbs.					2 lbs.		
Stir Fry (strips)		1 lb.						1/4 lb.
Fryer, whole (cut up)	(2) 3 lbs.		3 lbs.			3 lbs.		
<b>Pork:</b>								
Breakfast Links		1 lb.	1 - 2 lbs.		1 lb.			
Bacon (rolled)		1 lb.	2 1/2 lbs.	1/2 lb.				
Bacon (flat)	3 - 4 lbs.	1 lb.						
Ham (sliced)	2 1/2 lbs.	1 lb.				2 lbs.		
Butterfly Chops	5 - 6	2		1	2 - 3			
Bone-in Chops (medium)	6 - 7	2		2	3 - 4	2 1/2 lbs.		
Boneless Chops			4 lb.s	3/4 lb.	1 1/2 lbs.	2 1/2 lbs.		
Smoked Sausage	5 - 6 lbs.	1 lb.	2 - 3 lbs.					
Steak		3/4 lb.	1 1/2 lbs.			2 lbs.		
Hot Dogs	12 - 14	1 lb.				3 lbs.		
Boneless Loin Roast	3 lbs.					2 lbs.		
Country Style Ribs	4 lbs.	3/4 lb.				2 lbs.		
Cutlets		1 lb.		1/2 lb.				
<b>Fish:</b>								
Fish Sticks	30 - 40	12 - 14						
Fillet/Steaks	2 - 3 lbs.	1 lb.	2 lbs.	1/2 lb.				
Butterfly Shrimp (breaded)						16 oz.		
Shrimp		1 lb. med.		1/2 lb. med.	1 lb. med.			1/4 lb.
Crab Meat		1 lb.		1/2 lb.	1 lb.			
<b>Turkey:</b>								
Smoked Breast whole					1 1/2 lbs.			
Sliced or Shredded	0	0	0	0	0	0	0	0

**The Large Box.** Use for any type of food you like to keep in large quantities. Place layers of food in Large Rectangle Container or Rect. Deep Container. Flash freeze on Silicone Wonder Mat to keep food from sticking together. Any number of servings can be removed as needed for a meal. Examples: Beef Box, Chicken Pieces Box, Boneless Chicken Box, Pork Box and Fish Box. Breakfast Box (pancakes, waffles, French toast, bagels, English muffins), Dinner Bread Box (dinner rolls, muffins, sliced quick breads), Sandwich Box (hamburger buns, hot dog buns, pita) Frozen Treat Box (ice cream bars, frozen fruit pops, ice cream sandwiches), Sandwich Meat Box (individual servings of sliced roast beef, turkey, meatloaf)

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<b>Vegetables:</b>								
French Fries (crinkle cut)	3 lbs.		2 lbs.			2 lbs.		
French Fries (shoe string)		1 lb.	2 lbs.					
Hash Browns (regular)			2 lbs.			2 lbs.		
Hash Browns (toaster)	12 patties							
Corn (baby ears)	8 - 10					7 - 8		
Corn (large ears)	5							
Frozen Vegetables		1 lb.	2 lbs.		1 lb.	2 lbs.		
Broccoli Cuts			1 1/2 lbs.					

**Freeze with Ease Guide:**

Freezing is simple and the most time efficient way to preserve foods at home. It is important to note that freezing does not improve the quality of foods but when properly done it can preserve most of the quality of the fresh product. Food stored constantly at 0°F will always be safe.

**Freezing Vegetables**

\* Choose vegetables for freezing that are at their peak of flavor and texture. Over-mature vegetables may be hard, tough or flavorless.

\* To remove dirt, bacteria and pesticide residue, wash vegetables thoroughly in cold water. Drain and rinse several times with cold water. Peel, trim and cut vegetables as desired for freezing.

\* Blanche vegetables prior to freezing to stop the action of growth. Up until harvest time, enzymes cause vegetables to grow and mature. If vegetables are not blanched, or blanching is not long enough, the enzymes continue to grow during frozen storage causing off-colors, off-flavors and toughening.

\* The most convenient way to blanch vegetables is in a large pot of boiling water. Allow one gallon of water per pound of vegetables. Bring the water to boil and lower vegetables into the water, allowing the water to continue boiling. Cover and start counting the blanching time as recommended.

\* As soon as blanching is complete, cool the vegetables quickly and thoroughly to stop the cooking process. To cool, drain the vegetables in a strainer, and then plunge the vegetables into a container of ice water. Cool vegetables for the same amount of time as they are blanched. Drain thoroughly and freeze up to 8 months.

**Water Blanching Times**

Vegetable	Minutes
Cabbage	1 1/2
Green Peas	1 1/2
Asparagus, small stalks	2
Beans, snap, green or wax	2
Blackeye Peas	2
Broccoli	2
Carrots, diced or sliced	2
Cauliflower flowerets	2
Celery	2
Collards	2
Rutabagas, cubed	2
Summer Squash, 1 1/2" slices	2
Sweet Peppers, halved	2
Corn, cream or whole kernel (blanched on cob, cooled and cut off cob)	4
Eggplant, 1/3 inch slices	4
Carrots (whole, small)	5

All vegetables may be cooked from frozen state except corn-on-the-cob, which should be partially defrosted to preserve the texture.

**Freezer Storage Chart - 0°F**

Meats	Months
Bacon	1
Casseroles	2 to 3
Frozen Dinners and Entrees	3 to 4
Gravy (meat or poultry)	2 to 3
Ham, Hotdogs and Lunchmeats	1 to 2
Meat, uncooked roasts	4 to 12
Meat, uncooked steaks or chops	4 to 12
Meat, uncooked ground	3 to 4
Meat, cooked	2 to 3
Poultry, uncooked	12
Poultry, uncooked parts	9
Poultry, cooked	4
Sausage	2
Soups and Stews	2 to 3
Dairy	Months
Butter	6 to 9
Buttermilk	3
Cheddar & Swiss Cheese	6
Cream, whipped	1 to 2
Cream, half and half	4
Ice Cream	2 to 4
Margarine	3
Milk	3
Yogurt	1 to 2

Fish	Months
Cooked Fish	4 to 6
Fatty Fish, bluefish, mackerel, salmon	2 to 3
Lean Fish, cod, flounder, haddock, sole	6

Shellfish	Months
Cooked shellfish	3
Live clams, mussels, crab, lobster	2 to 3
Shrimp, scallops, crayfish, squid	3 to 6
Shucked clams, mussels and oysters	3 to 6

**Recommended Storage Times are for Quality Preservation Only!**

**Tupperware®** Connection