

Length of Storage for Quality Food

Food Item	Months
Beef	
• ground or stew meat	3
• roasts, steaks	12
Lamb	
• chops or steaks	9
• ground meat	3
• roasts	12
Veal	
• cutlets, chops	9
• ground meat	3
• roasts	8
Pork, cured	
• bacon	1
• ham	2
Pork, fresh	
• chops, steaks	4
• roasts	8
• sausage	3
Chicken, Turkey (whole)	12; parts 6-9 months
Duck, Goose, Wild Game	6
Shrimp, Crab meat, Oysters	3
Fish	3-6
Vegetables	8-12
Fruits	8-12
Cooked Foods	
• rolls, biscuits	2-3
• quick breads	2-4
• muffins	6-12
• cakes, cupcakes	2-3
• cookies	6
• soups and purees, combination dishes, stews, spaghetti sauce, lasagna	4-6
Uncooked Foods	
• fruit pies	3-4
• sandwiches	3 weeks

(Source: So Easy to Preserve. 2006, page 291-303.)

References:

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