

FOODKEEPING GUIDELINES

	REFRIGERATE AFTER THAWING	FREEZER
FROZEN ITEMS		
Bagels	1-2 weeks	2 months
Bread dough (commercial)	4-7 days (after baking)	Use-by-date
Burritos and sandwiches	3-4 days	2 months
Egg substitutes	Date on carton	12 months
Fish, breaded	do not defrost, cook frozen	3-6 months
Fish, raw	1-2 days	6 months
Fruit such as berries and melons	4-5 days	4-6 months
Guacamole	3-4 days	3-4 months
Ice cream		2-4 months
Juice concentrates	7-10 days	6-12 months
Lobster tails	2 days	3 months
Pancakes and waffles	3-4 days	2 months
Sausages: uncooked	1-2 days	1-2 month
Sausages: precooked	1 week	1-2 month
Sherbet and sorbet		2-4 months
Shrimp and shellfish	1-2 days	12 months
Soy crumbles and hotdogs	3-4 days	9 months
Soy meat substitutes	3-4 days	12-18 months
Tempeh	1-2 weeks	12 months
Whipped topping	2 weeks	6 months
TV dinners, entrees, breakfast	do not defrost, cook frozen	3 months
Vegetables	3-4 days	8 months

