

# PATRIOT PLATE

## Food Storage Part 2–Frozen Foods– and a great deal!

This is part two of the Long Term Food Storage Report. If you lost/misplaced Part one, click [here!](#)

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### **Frozen Food In Your Freezer**

#### **Pros and Cons of Using a Freezer for Food Storage**

##### **Pros of Freezing:**

- It's fairly simple to do! It's very familiar to most of us.
- You get the most input into what you are storing. It's the best way to preserve the original freshness and taste. You get to buy what you want to freeze and can even save your own

fruits and vegetables from your garden.

- You can freeze virtually any kind of food... solid or liquid!

#### **Cons of Freezing:**

- You are limited to where you put your storage food to the size of your freezer. It's all in one place.
- In almost every natural and unnatural disaster you are going to be without power. Studies suggest that if you don't open your freezer, food will stay frozen for up to two days. A generator can solve this problem, but then you have to store fuel, and the noise of a generator can make you a target to those without food.
- To achieve the maximum frozen food shelf life you will have to protect them from moisture loss and air exposure.

#### **How Long Does Frozen Food Last:**

Like with any storage method, how long you can store food for will depend on the specific type of food. Frozen foods can last only a few weeks in some cases, but more often than will be fine to eat after several months. After a year, most foods will start to taste "off".

**Storage Times Listed are for QUALITY ONLY; Frozen foods remain safe indefinitely!**

Here is a basic chart of storage times for keeping food in the freezer.

- Bacon and Sausage 1 to 2 months
- Casseroles 2 to 3 months
- Egg whites or egg substitutes 12 months
- Frozen Dinners and Entrees 3 to 4 months
- Gravy, meat or poultry 2 to 3 months
- Ham, Hot Dogs and Lunch Meats 1 to 2 months
- Meat, uncooked roasts 4 to 12 months
- Meat, uncooked steaks or chops 4 to 12 months
- Meat, uncooked ground 3 to 4 months
- Meat, cooked 2 to 3 months
- Poultry, uncooked whole 12 months
- Poultry, uncooked parts 9 months
- Poultry, uncooked giblets 3 to 4 months
- Poultry, cooked 4 months
- Soups and Stews 2 to 3 months
- Wild game, uncooked 8 to 12 months

**In part 3 (next week!) we'll talk about Canned Food and Plastic Retort Meals (MREs and such)!**