

## Refreezing

**Once food is thawed in the refrigerator, it is safe to refreeze it without cooking**, although there may be a loss of quality due to the moisture lost through thawing. After cooking raw foods which were previously frozen, it is safe to freeze the cooked foods. If previously cooked foods are thawed in the refrigerator, you may refreeze the unused portion. Freeze leftovers within 3-4 days. Do not refreeze any foods left outside the refrigerator longer than 2 hours; 1 hour in temperatures above 90 °F.

If you purchase previously frozen meat, poultry or fish at a retail store, you can refreeze if it has been handled properly.

## Cooking Frozen Foods

Raw or cooked meat, poultry or casseroles can be cooked or reheated from the frozen state. However, it will take approximately one and a half times as long to cook. Remember to discard any wrapping or absorbent paper from meat or poultry.

## Freezer Storage Chart (0 °F)

Note: Freezer storage is for quality only. Frozen foods remain safe indefinitely.

| <b>Item</b>                           | <b>Months</b> |
|---------------------------------------|---------------|
| <b>Bacon and Sausage</b>              | 1 to 2        |
| <b>Casseroles</b>                     | 2 to 3        |
| <b>Egg whites or egg substitutes</b>  | 12            |
| <b>Frozen Dinners and Entrees</b>     | 3 to 4        |
| <b>Gravy, meat or poultry</b>         | 2 to 3        |
| <b>Ham, Hotdogs and Lunchmeats</b>    | 1 to 2        |
| <b>Meat, uncooked roasts</b>          | 4 to 12       |
| <b>Meat, uncooked steaks or chops</b> | 4 to 12       |
| <b>Meat, uncooked ground</b>          | 3 to 4        |
| <b>Meat, cooked</b>                   | 2 to 3        |
| <b>Poultry, uncooked whole</b>        | 12            |
| <b>Poultry, uncooked parts</b>        | 9             |
| <b>Poultry, uncooked giblets</b>      | 3 to 4        |
| <b>Poultry, cooked</b>                | 4             |
| <b>Soups and Stews</b>                | 2 to 3        |
| <b>Wild game, uncooked</b>            | 8 to 12       |