

# How Long to *Store & Freeze* Your **Stockpile**

Bananas	Freeze in the peel. While the peel turns black, the banana will be fine. Great for recipes.
Bread	Store in the freezer in it's original packaging for up to 2-3 months.
Butter	Freeze the sticks in the original wrapper. Lasts up to 6 months.
Candy	Freeze in original packaging. Great for clearance candies after holidays.
Cheese	Wrap tightly in plastic wrap and store inside a Ziploc bag. Cheese will become crumbly when it defrosts, so plan on using it in recipes only. If you freeze shredded cheese, add 1 tablespoon of cornstarch or flour to the bag and shake it well to prevent clumping when it thaws.
Chips	Make chips last longer by freezing them.
Citrus Juices	Freeze the juice from lemons, limes and oranges in 1-2 tablespoon portions and freeze. Once frozen, transfer to a Ziploc bag. Store indefinitely.
Citrus Peels	Zest fruit onto plastic wrap, wrap tightly and then place in a freezer bag to use in recipes.
Corn	Place entire ear of corn with the silk on it into the freezer. When you are ready to eat it, put it in the microwave (still in the silk) and cook it for 4 minutes (for one ear) or 5 minutes (for two ears).
Eggs	Scramble the eggs and freeze in ice cubes. 2 cubes equal one large egg when using it in a recipe. Store up to 6 months.
Flour	Wrap it in plastic wrap and store it in the freezer.
Fruit	Berries, Apples, Peaches, Pears and Melon freeze well. Make sure you freeze it on a cookie sheet (with none of the pieces touching) first and then transfer to a Ziploc bag.
Ground Beef	Cook up a big batch and freeze the cooked portion to use in recipes.
Juice (store bought)	Remove 1 cup from the carton and freeze.
Herbs	Place herbs in a ice cube tray with a little water. Once frozen, transfer to a Ziploc bag. When your recipe calls for fresh herbs, you can drop the whole ice cube in the pot. Store up to 6 months.
Maple Syrup	Freezes indefinitely.
Mashed Potatoes	Freeze cooked mashed potatoes in a Ziploc bag for up to 2 months.
Meat	Put in marinade and then throw it in the freezer. Use marinated meat within 2 months of purchase.
Milk	Store it in the original gallon but remove at least 1 cup of milk before putting it in the fridge. Thaw in the fridge and shake well.
Nuts	Store in air-tight container. Keeps the oils fresher. Store up to 6 months.
Pasta Sauce	If you don't use all your sauce when you cook, freeze the extra in a Ziploc bag.
Rice	Store cooked rice (both white and brown) in the freezer. Spread it out on a cookie sheet and let it freeze before transferring to a Ziploc bag.
Sandwiches	You can prepare sandwiches for kids lunches on Sunday and store them all week. Just don't add the mayonnaise until it is time to eat.
Soups	Place cooled soup into Ziploc bag and lay flat in the freezer. Make sure you allow at least 1 cup of empty space because the soup will expand. Store up to 2 months.
Tomato Paste	If you have remaining tomato paste, measure out by the tablespoon and place it in an ice cube tray. Freeze in 1 tablespoon cubes and then transfer to a Ziploc bag to use when cooking. Store up to 3 months.
Tomatoes	Wash and freeze whole tomatoes on a tray. Transfer to a Ziploc bag once completely frozen.
Vegetables	Dice up onions, bell peppers and chili peppers and store flat in a Ziploc bag.
Wine	Store wine in ice cube trays so you can quickly add to stews and sauces.