

TABLE OF AVERAGE SHELF LIFE OF FROZEN AND QUICK-FROZEN FOODS

The goal: to reduce losses of quality and time

MEATS

ORGAN MEAT (LIVER, HEART, ETC.)	3 to 4 months	LAMB	6 to 9 months (8 to 12 months according to Health Canada)
BACON	1 to 2 months	BEEF (STEAKS, ROASTS)	6 to 12 months
CRETONS	1 to 2 months	COOKED HAM	1 to 2 months
PORK	8 to 12 months	MEAT SAUCE FOR SPAGHETTI	4 to 6 months
HOT DOGS	1 to 2 months	FRESH SAUSAGE	2 to 3 months
DRIED SAUSAGE	Cannot be frozen	VEAL	4 to 8 months (8 to 12 months according to Health Canada)
COOKED MEAT WITH SAUCE	4 months	COOKED MEAT WITHOUT SAUCE	2 to 3 months
SLICED MEAT SOUS VIDE	1 month	SMOKED MEAT, DELI MEAT	1 to 2 months
GROUND, CUBED OR THINLY SLICED MEAT	4 months		

CHICKEN AND TURKEY

WHOLE RAW POULTRY	10 to 12 months	RAW POULTRY IN PIECES OR CUBES	6 to 9 months
COOKED POULTRY WITH SAUCE	6 months	COOKED POULTRY WITHOUT SAUCE	1 to 3 months

EGGS AND VEGETARIAN PROTEIN

WHOLE EGGS IN THEIR SHELLS	Cannot be frozen	RAW EGG WHITES	9 months
RAW EGG YOLKS	4 months	TOFU	1 to 2 months

FISH AND SEAFOOD

COOKED CRAB	1 month	SHRIMP	2 to 4 months
OYSTERS WITHOUT THEIR SHELLS	2 to 4 months	MUSSELS WITHOUT THEIR SHELLS	3 months
CLAMS WITHOUT THEIR SHELLS	3 months	SCALLOPS	3 months
FATTY FISH (SALMON, TROUT, ETC.)	3 months	LEAN FISH (SOLE, TILAPIA, ETC.)	6 months
COLD-SMOKED FISH	2 months		