

12mo
11mo
10mo
09mo
08mo
07mo
06mo
05mo
04mo
03mo
02mo
01mo

How Long Can
You
FREEZE
It

Sausage
Fish

Ground
Meat
Casseroles
Bread
Cake

Pork
Chops
Soups &
Stews
Cooked
Chicken
Pieces

Whole
Chicken
Or
Turkey
Steaks
&
Roasts
Herbs
&
Grains



WHAT: _____
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