

## **TUPPERWARE**

### **FreezerMate Containers**

Discover an easier way to freeze – with Tupperware FreezerMate Containers. The durable containers are uniquely designed with these features to give you freezer-fresh results:

#### **CONVENIENT SHAPES AND SIZES**

The containers, which come in two depths, are perfectly sized for efficient stacking in the freezer. In the cupboard, the empty containers nest for compact storage (or simply fill the empty container half-full with water and return to its place in the freezer to keep your freezer running more efficiently.)

#### **SIX-SIDED AIR FLOW**

Container bases are recessed and corners are rounded to allow air to flow freely around and between the containers when stacked. As a result, foods freeze and thaw faster.

#### **FREEZER-PERFECT SEALS**

The flat seals let you stack the containers for optimum efficiency in your freezer. The air-tight seals lock flavor and moisture into frozen foods. Special tabs allow easy removal of the seals.

#### **SEE-THROUGH WINDOWS**

The Classic Sheer containers have polished windows to help you recognize frozen foods at a glance.

#### **CONVENIENT FILL LINE**

Filling only to this line allows sufficient room for expansion as food freezes.

#### **FROZEN FOODS “POP” OUT**

Rounded corners of the containers make it easy to remove frozen foods. Simply run warm water over the containers, and then pop out the frozen food.

#### **BUILT-IN “USE BY” DATE DIAL**

Innovative built-in “use by” date dial and included storage time chart let you know when to use frozen food for optimum flavor and freshness.

### **EASY FREEZING TIPS**

#### **THE COLDER, THE BETTER**

Freezer should be set at 0 degrees F, or below to maintain the best food color, flavor, and texture. A freezer thermometer will monitor the temperature.

#### **QUALITY COMES FIRST**

Start with freshest ingredients when preparing foods for the freezer. Freeze most garden vegetables and fruits the same day you harvest them. Freezing retains but can not improve the quality and flavor of food.

#### **COOL, THEN FREEZE**

Before freezing cooked food, quickly cool the mixture so bacteria won't grow. Cool large amounts of cooked food to room temperature by placing the container of warm food in a sink or large bowl filled with ice. If possible, stir the food occasionally so it cools evenly.

#### **CAPITALIZE ON CONTAINER CAPACITY**

Liquid or semi-liquid foods, such as soups and stews, will expand as they freeze. Be sure to choose the right size FreezeSmart Container so you can allow about 1/2 inch of headspace below the rim of the container. Seal all other foods with as little air in the container as possible.

### **HOW LONG WILL IT KEEP?**

Follow the recommended freezer storage times listed in the Freezer Storage Guide. Foods removed from the freezer shortly after the recommended times are usually still safe to eat, but may be lower in quality.

### **LETTER-PERFECT LABELING & BUILT-IN “USE BY” DIAL**

Use a freezer label to indicate the type of food, as well as the quantity, the weight, or the number of servings. You may also want to jot down the source of the recipe. Use the convenient built-in “use by” dial to indicate when to use frozen food for optimum flavor and freshness.

### **FLASH FREEZING**

To keep foods from freezing together, flash freeze! Place the food in a single layer on a cookie sheet and place in the freezer. When the food is frozen, remove it from the cookie sheet and place it in the appropriate container. The food will now stay frozen individually so that you can remove one item at a time or scoop out as much as you desire!

### **FREEZER EMERGENCIES**

If your freezer stops operating, knowing how to handle frozen food can prevent waste. A full freezer will stay at a satisfactory temperature for up to two days. But if your freezer isn't full, thawing can occur sooner. Open the freezer compartment only if absolutely necessary, and then for the shortest time possible. If a food has partially thawed, but still contains ice crystals, it usually can be refrozen. Some foods, such as those made with cream sauces or fillings, should be used immediately or discarded. If a food is completely thawed but still cold to the touch, use the food immediately or discard.

## **SUGGESTED USES**

### **Mini 1 Container:**

Freeze orange and lemon peel, strips or grated  
Birthday candles  
Travel sewing kit, first aid kit, small bar of soap  
Small game pieces  
Pizza Toppings (pepperoni, black olives, onions, green pepper, etc.)  
Leak-proof ice pack for lunch box, leave 1/2-inch headspace

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### **Mini 2 Container:**

Freeze recipe sized portions of fruits, vegetables, juices  
1 pound precooked ground meat  
Bananas (holds one cup)  
Pizza sauce  
Opened cans of evaporated milk  
Individual ice cream sundae

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### **Small 1 Container:**

1 pound precooked ground beef or turkey for casseroles, spaghetti, tacos, sloppy joes, etc.  
Individual or meal-sized portions of cooked rice  
Single-sized servings of marinated meats

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**Small 2 Container:**

Freeze diced onion and green pepper for cooking  
Freeze leftover sweet cream, sour cream, cottage cheese for use in cooked items  
1 pound of fresh ground beef or turkey

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**Small 3 Container:**

Freeze smaller portions of milk for future use to avoid spoilage  
1 pound flash frozen vegetables  
Flash frozen fruits

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**Medium 1 Container:**

Freeze dried fruits for easier cutting  
Fill with frozen fruits  
Homemade TV Dinner  
1 pound rolled bacon  
Marinated meat

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**Medium 2 Container:**

Freeze yogurt with chopped fruits and nuts for slice-and-serve dessert  
Freeze grated cheese (mixed with 2 T. cornstarch to prevent sticking)  
Pie fillings  
Breads (Banana bread, baked yeast breads, etc.)  
Meatloaf  
Casseroles  
Leftovers – Put all leftover vegetables, etc. in container - when it's full, make soup or goulash!

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**Large 1 Container:**

Freeze 2 pounds of rolled bacon  
Freeze strips of precooked bacon for reheating  
Freeze thin candle tapers so they will burn slower  
Chicken strips and fish sticks  
Boneless chicken, pork chops, steaks (can marinate)

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**Large 2 Container:**

Use as a food "box" (Refer to bottom of Freezer Storage Chart)  
Lasagna  
Flash-frozen chicken, pork cuts, steaks, hamburgers, etc.  
Flash-frozen pancakes, waffles, and french toast  
Rolled pie crusts  
Prepackaged frozen foods – take them out of the boxes they come in and place in Large 2 for modular storage and freshness  
Rolled cookie dough for slice-n-bake cookies  
Chopped chicken or turkey for casseroles, etc.  
Leak-proof ice block for coolers, leave 1/2-inch headspace

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**FREEZER MATES STORAGE CHART**

* Filled to brim ▼ More than ample room ↑ Amount Varies	Large 1 4 3/4 Cups	Large 2 13 Cups	Medium 1 2 1/4 Cups	Medium 2 6 Cups	Small 1 1 Cup	Small 2 2 3/4 Cups	Small 3 4 Cups	Mini 1 4 ounces	Mini 2 9 3/4 ounces
<b>Beef:</b>									
Cubed Steak	2 1/2-3 lbs.		1-1 1/2 lbs.	2 1/2-3 lbs.	2 small				
Steaks (large)	2-3			2-3					
Rib Eye Steaks	2 lbs.		1 lb.	2-2 1/2 lbs.	1/2 lb. (small)				
Rib Eye Roast		(2) 3 lbs.		2 lbs.					
Boneless Sirloin Steak	4-4 1/2 lbs.		1 lb.						
Sirloin Tips				2 lbs.					
Boneless Chuck Roast		(2) 2 1/2 lbs.		2 1/2-3 lbs.					
Rump Roast		(2) 3 lbs.		2 1/2-2 3/4 lbs.					
Short Ribs		4 lbs.		2 1/2 lbs.		1-1 1/2 lbs.	1 3/4 lbs.		
Hamburger or Turkey Patties		20 (1/4 lb)							
Cubed Meat (stew, fondue, etc.)			1-1 1/2 lbs.		1/2 lb.	1-1 1/2 lbs.	2-2 1/2 lbs.		1/2 lb.
Browned Ground Beef/Turkey					1 lb.*	1 lb.▼			3/4 -1 lb.*
<b>Chicken:</b>									
Thighs	3 1/2-4 lbs.		2-2 1/4 lbs.	3 1/2-4 lbs.					
Drumsticks	2 1/2-3 lbs.		1-1 1/2 lbs.	2 1/2-3 lbs.			1-1 1/2 lbs.		
Wings		4-5 lbs.							
Breast (boneless)	2 1/2-3 lbs.		1 1/2-2 lbs.	3 1/2-4 lbs.					
(with bone)		4 1/2-5 lbs.		2-2 1/2 lbs.					
Stir Fry (strips)			1-1 1/2 lbs.						1/2 lb.
Shredded					↑	↑	↑		↑
Boneless					1/2 lb.	1 1/2 lbs.	2-2 1/2 lbs.		
Fryer, whole (cut up)	3 lbs.	(2) 3-3 1/2 lbs.		3 lbs.					
<b>Pork:</b>									
Breakfast Links	1 1/2-2 lbs.		1 lb.			1 lb.			
Bacon (rolled)	2 1/2 lbs.		1 lb.		1/2 lb.				
(flat)	1 1/2-2 lbs.								
Ham (sliced)	2-2 1/2 lbs.		1-1 1/2 lbs.	2 lbs.					
Butterfly Chops (large)	5-6		2		1	2-3	3-4		
Bone-in Chops (medium)	6-7		3	2-2 1/2 lbs.	2	4-5	6-7		
Boneless Chops	4 lbs.			2 1/2 lbs.	1/2-3/4 lbs.	1-1 1/2 lbs.	2 lbs.		
Smoked Sausage	2-3 lbs.		1 lb.						
Steak	1-1 1/2 lbs.		3/4 -1 lb.	2-2 1/2 lbs.					
Hot Dogs	16-18		1 lb.	3 lbs.					
Boneless Loin Roast		(2) 3 lbs.		2 lbs.					
Country Style Ribs		5 lbs.	3/4 lb.	2 1/2 lbs.					
Cutlets			1-1 1/2 lbs.		1/2 lb.				
<b>Fish:</b>									
Fish Sticks	30-40		14-16						
Fillet/Steaks	2-2 1/2 lbs.		1 lb.	2-2 1/2 lbs.	1/2 lb.	1 lb.			
Butterfly Shrimp (breaded)				16 ounces					
Shrimp			1 lb. (med.)		1/2 lb. (med.)	1 lb. (med.)	1 lb. (large)		1/2 lb. (med.)
Crab Meat			1 lb.		1/2 lb.	1 lb.		↑	1/2 lb.
<b>Turkey:</b>									
Sliced	↑		↑	↑					
Smoked Breast (whole)				1 1/2-2 lbs.					
Shredded			↑		↑	↑	↑		↑

**The Large 2 "Box"**

Use for any type food you like to keep in large quantities. Place layers of food in Large 2 container. Flash freeze or use double layer of waxed paper, freezer paper, plastic, etc. between layers of food to keep them from sticking together. Any number of servings can be removed as needed for a meal.

- Beef Box
- Chicken Pieces Box
- Boneless Chicken Box
- Pork Box
- Fish Box (fillets/steaks)
- Breakfast Box (pancakes, waffles, French toast, bagels, English muffins, etc.)

- Dinner Bread Box (dinner rolls, muffins, sliced quick breads, etc.)
- Sandwich Box (hamburger buns, hot dog buns, hoagie rolls, pita, sandwich rye, etc.)
- Frozen Treat Box (ice cream bars, frozen fruit pops, ice cream sandwiches, etc.)
- Sandwich Meat Box (individual servings of sliced roast beef, turkey, meatloaf, etc.)

**FREEZER MATES STORAGE CHART**

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<b>Vegetables:</b>									
French Fries (crinkle cut)	2 lbs.	3 lbs.		2 lbs.					
French Fries (shoe string)			1 1/2 lbs.						
Hash Browns (regular)	2 lbs.			2 lbs.					
Hash Browns (toaster)	16 patties								
Corn (baby ears)		15		7-8					
(large ears)		7-8							
Frozen Vegetables (carrots* peas, peas & carrots, corn, green beans, mixed vegetables, etc.)			1 lb.	2 lbs		1 lb.*	1 lb.↕		
Broccoli Cuts							1 lb.*		
<b>Bread:</b>									
Pancakes (3 1/2-4 inch)	18	36		12					
Waffles	8-10			8-10					
English Muffins	6	12							
Muffins/Cupcakes		12		6					
Dinner Rolls (medium)		14-16		8-10					
(small)		2 1/2-3 dozen		10-12					
French Toast				6 pieces					
Pizza Slices				6-8					
Cakes, Loaf				1					
Quick Bread Loaves				↑ ↓					
Flour Tortillas (regular size)	20								
Bagels	6	12							
Pita Bread (small)	8-10								
Hot Dog Buns		10							
Hamburger Buns		10							
<b>Fruits:</b>									
Mixed Fruit			20 ounces			20 ounces			
Raspberries			12 ounces↕		12 ounces*	12 ounces↕			
Sweet Cherries					12 ounces*	12 ounces↕			
Peaches							20 ounces		
Melon Balls							1 lb.		
Frozen Grapes									↑ ↓
<b>Miscellaneous:</b>									
Cheese, grated		4-5 lbs.	1 lb.	1-1 1/2 lbs.	8-10 ounces	1/2 lb.	1-2 lbs.		8-10 ounces
Butter			1-1 1/2 lbs.		3/4 lb.		1 lb.		
Sauces									↑ ↓
Onion, Green Pepper, Herbs, Garlic, Nuts, etc. (chopped)					↑ ↓	↑ ↓		↑ ↓	↑ ↓
Ham, cubed (for soups, etc.)								↑ ↓	↑ ↓
Egg Yolks								8	
Egg Whites								4	
Whole Eggs (be sure to stir gently)								3	
Single Servings (rice, beans, vegetables, etc.)								↑ ↓	
Homemade Freezer Jams									↑ ↓
Ice Cream Bars				6-8					
Fruit Pops (singles)	12			12					
Ice Cream, Yogurt, Sherbet (softened and hand-packed)						1 quart			
Frozen Burritos	8-10								
Brownies (9"x13" pan)	1								

FreezeSmart™ containers are ideal for storing raw (uncooked) meats and vegetables as well as baked goods and frozen treats. To store previously-cooked food for microwave reheating later, try Tupperware's Rock 'N Serve™ containers.

## Frozen Shelf Life of Foods

<b>Meat (Beef, Pork, Veal, Lamb)</b>	<b>Frozen (0°F/-18°C or below)</b>
Steaks – uncooked	6 – 12 months
Chops – uncooked	4 – 6 months
Roasts – uncooked	6 – 9 months
Liver, variety meats – uncooked	3 – 4 months
Ground Meat – uncooked	3 – 4 months
All Above Meats – cooked	2 – 3 months

<b>Poultry (Chicken, Turkey)</b>	<b>Frozen (0°F/-18°C or below)</b>
Poultry, whole – uncooked	1 year
Poultry, pieces (breast, thighs, legs, wings, etc.) – uncooked	9 months
Giblets – uncooked	3 – 4 months
Ground Poultry – uncooked	2 – 3 months
All Above Poultry – cooked	2 – 3 months
Fried Chicken – cooked	4 months
Chicken Nuggets, Patties	1 – 3 months

<b>Fish, Shellfish</b>	<b>Frozen (0°F/-18°C or below)</b>
Lean Fish – cod, flounder, haddock, sole, etc. – uncooked	6 months
Fatty Fish – salmon, bluefish, mackerel, etc. – uncooked	2 – 3 months
All Fish – cooked	4 – 6 months
Clams, oysters, mussels – shucked, cooked	3 months
Shrimp, Crayfish, Squid, Shucked Clams & Mussels – shucked uncooked	3 – 6 months
Crab – cooked	2 months
Lobster Tails – uncooked	3 months

## Frozen Shelf Life of Foods

<b>Hot Dogs, Luncheon Meat</b>	<b>Frozen</b> (0°F/-18°C or below)
Hot Dogs	1 – 2 months
Luncheon Meats	1 – 2 months

<b>Bacon, Sausage, Tamales</b>	<b>Frozen</b> (0°F/-18°C or below)
Bacon, Pancetta	1 month
Sausage	1 – 2 months
Summer Sausage labeled “Keep Refrigerated”	1 – 2 months
Pepperoni, Jerky Sticks	1 – 2 months
Tamales	6 months

<b>Ham, Corned Beef</b>	<b>Frozen</b> (0°F/-18°C or below)
Fresh Ham, uncured – uncooked	6 months
Fresh Ham, cured – uncooked	3 – 4 months
Ham, whole, store wrapped – cooked	1 – 2 months
Ham, half, store wrapped – cooked	1 – 2 months
Ham, sliced, store wrapped – cooked	1 – 2 months
Ham, vacuum sealed, unopened or opened – cooked	1 – 2 months
Ham, canned labeled “Keep Refrigerated” – opened	1 – 2 months
Corned Beef	1 month, drained

## Frozen Shelf Life of Foods

<b>Dairy</b>	<b>Frozen</b> (0°F/-18°C or below)
Cheese, hard (such as Cheddar, Swiss)	6 months
Parmesan Cheese, grated	1 – 2 months
Cheese, soft (such as Brie)	6 months
Cottage/Ricotta Cheese	Do Not Freeze
Cream Cheese	Do Not Freeze
Cream, whipped and sweetened	1 – 2 months
Half & Half Cream	4 months
Butter	4 months
Margarine, Spread Substitutes	3 months
Whipped Butter or Margarine	Do Not Freeze
Milk	1 month
Eggnog, store bought	6 months
Sour Cream	Do Not Freeze
Ice Cream, Sorbets	1 – 2 months
Yogurt	1 – 2 months
Pudding	Do Not Freeze

<b>Eggs, Mayonnaise</b>	<b>Frozen</b> (0°F/-18°C or below)
Fresh, in shell	Do Not Freeze
Egg Whites – uncooked	1 year
Egg Yolks – uncooked	Do Not Freeze
Hard Cooked Eggs	Do Not Freeze
Egg Substitutes – unopened	1 year
Egg Substitutes – opened	Do Not Freeze
Mayonnaise	Do Not Freeze



## Frozen Shelf Life of Foods

<b>Soups, Stews, Gravy</b>	<b>Frozen</b> (0°F/-18°C or below)
Chili	2 – 3 months
Soup, broth based	2 – 3 months
Soup, cream based	Do Not Freeze
Stock	2 – 3 months
Stews	2 – 3 months
Gravy	2 – 3 months
Broth	2 – 3 months

<b>Pizza, Stuffing</b>	<b>Frozen</b> (0°F/-18°C or below)
Pizza	1 – 2 months
Stuffing	1 month

<b>Breads</b>	<b>Frozen</b> (0°F/-18°C or below)
Breads, Rolls – unbaked dough	2 months
Bread, fresh baked	3 months
Muffins, Rolls, Quick Bread, Bagels, English Muffins - baked	1 – 2 months
Pancakes, Waffles - cooked	1 – 2 months
Pastries, Danish, Doughnuts - baked	3 months
Tortillas (corn and flour)	3 months

## Frozen Shelf Life of Foods

<b>Cakes, Brownies</b>	<b>Frozen</b> (0°F/-18°C or below)
Angel Food, Sponge	4 – 6 months
Cheesecake	4 – 6 months
Fruit Cakes	1 year
Brownies	2 – 4 months
Layered Cakes, frosted	2 – 4 months

<b>Staples, Pantry Items</b>	<b>Frozen</b> (0°F/-18°C or below)
Candy	6 months
Crackers	3 months
Flour	1 year
Nuts	2 years
Tofu	5 months
Yeast	1 – 2 years

<b>Pies</b>	<b>Frozen</b> (0°F/-18°C or below)
Ready-to-bake Pie Crust - unbaked	2 months
Pie Crust, homemade - unbaked	2 months
Pumpkin Pie	1 month
Chiffon Pie	1 month
Fruit Pies – unbaked	8 months
Fruit Pies – baked	1 year
Custard Pies	Do Not Freeze
Nut Pies	6 months

<b>Cookies</b>	<b>Frozen</b> (0°F/-18°C or below)
Cookies, homemade – unbaked dough	6 months
Cookies, store bought – unbaked dough	2 months
Cookies - baked	4 – 6 months

## Frozen Shelf Life of Foods

Fruit	Frozen (0°F/-18°C or below)
Frozen, store bought	1 year
Canned Fruit – opened	1 – 2 months
Dried Fruit	12 months
Apples	Do not Freeze
Apricots, Grapes, Nectarines, Peaches, Pears, Plums	6 months
Avocados	Do Not Freeze
Bananas	Do Not Freeze
Berries, Cherries	12 months
Citrus Fruit and Juice	6 months
Cranberries	8 – 12 months
Melons	8 – 12 months
Pineapple	12 months

Vegetables	Frozen (0°F/-18°C or below)
Frozen, store bought	1 year
Asparagus	8 – 12 months
Beets, Carrots	8 – 12 months
Beans, Lima Beans, Peas, Summer Squash	8 – 12 months
Bell Peppers – chopped	3 – 4 months
Broccoli Cuts	8 – 12 months
Cauliflower	8 – 12 months
Celery	8 – 12 months
Chilies	8 – 12 months
Corn	8 – 12 months
Garlic – chopped	8 – 12 months
Greens: Collards, Kale, Mustard, Spinach, Swiss Chard	8 – 12 months
Green Beans	8 – 12 months
Herbs	8 – 12 months
Mushrooms	8 – 12 months
Onions – chopped	3 – 4 months
Tomatoes – quartered	3 – 4 months