

A national program by



Nourishing Our Country

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**NEST**

Nutrition Education  
Sustenance Training

# HOW LONG WILL IT LAST IN THE FREEZER?



## FRUITS & VEGGIES

Up to 1 year



## POULTRY

Raw pieces: Up to 9 months

Raw whole: Up to 1 year

Cooked: 4 months



## RED MEAT

Steaks: Up to 12 months

Chops: Up to 6 months

Roasts: Up to 12 months



## SEAFOOD

4-6 months



## SOUPS & STOCKS

Up to 6 months



## GRAINS & BEANS

Up to 6 months



## DAIRY

Butter: Up to 6 months

Ice cream: 4-6 months



## BREAD & BAKED GOODS

4-6 months



## LEFTOVERS

Up to 6 months

## DEFROSTING

The best way to defrost any food product is to remove it from the freezer ahead of time, place it in an appropriate container and then into the fridge to defrost in a safe environment and at a safe temperature.



**NEST – NICE. EASY. SIMPLE. TIPS.**