

# FOOD STORAGE TIP:

Freezing to preserve

To keep food from going bad when it is not used, store it in the freezer.

Food	Months of Storage
Fruits and Vegetables	8-12
Poultry	6-9
Fish	3-6
Ground Meat	3-4
Processed Meat	1-2



MOUNTAIN WISE



DOUBLE UP  
FOOD BUCKS

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