

MEAT

(BEEF, LAMB, POULTRY, PORK, ROAST)



Tool: Plastic zip top bags.

How: Refrigeration and freezing both work.

Storage Time: Up to a week in the refrigerator.

Freezer: 1-2 months.

ANSWER

Storage Time: Up to a week in the refrigerator.

Freezer: Beef, lamb, pork - 2-3 months
poultry - 4-6 months.



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