

## How Long Do Cold Cuts Last?

Whether it's a packed school lunch or a game day sub, having cold cuts on hand never hurts. But how long can you keep cold cuts? When frozen in freezer wrap, cold cuts can last up to 2 months. If you're looking for a more immediate timeline, cold cuts last in the refrigerator 3 - 5 days if the package has been opened and 2 weeks if the package is unopened. Plenty of time to accommodate your layering, toasting and melting needs! Be sure to wash your hands and surfaces before and after handling food.



## Can you Freeze Lunch Meat?

Good news, freezing lunch meat is okay! Before we get started, make sure your fridge is at or below 40° F (4° C) and your freezer at 0° F (-17.8° C). Can you freeze cold cuts? Absolutely! Phew, no need to run to the grocery store every week when you can just reach into your neatly organized freezer and grab whatever sandwich ingredients your heart desires. Just unroll some of your protective food wrap such as Glad® Freeze'n Seal™ and secure your salami, pastrami or ham to lock in freshness.



Once wrapped, keep food fresh and help prevent freezer burn by placing meats in freezer bags like Glad® Flex'n Seal™ Freezer Quart Bags or Glad® Flex'n Seal™

Freezer Gallon Bags (they stretch to accommodate even more!). With the right storage techniques, you can keep frozen lunch meat for up to 2 months.

If you're asking this question in November, check out these helpful turkey storage pointers to make that bird last as long as possible. With these helpful tips & tricks you can turn any refrigerator or freezer into your personal delicatessen!

### **Can You Freeze Cheese Slices?**

Short answer: not really. Unfortunately, it is difficult to freeze sliced cheese successfully and thaw them, *but* there is good news! You can actually keep cheese slices in the fridge for 1-2 months, no freezer required! Grilled cheeses for all! For more information on other types of cheese, check out these additional protection pointers.

