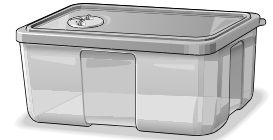


# Tupperware® FreezeSmart® Container Storage Chart



* 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.)

# Tupperware® FreezeSmart® Container 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>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.