

# Freeze-It™ Containers

Tupperware®



ITEMS	FREEZE-IT™ SMALL (1½ CUP/400 ML)	FREEZE-IT™ SMALL DEEP SQUARE (3⅓ CUP/800 ML)	FREEZE-IT™ MEDIUM SHALLOW RECTANGULAR (2½ CUP/600 ML)	FREEZE-IT™ MEDIUM DEEP RECTANGULAR (3 QT./2.8 L)	FREEZE-IT™ EXTRA LARGE (6 QT./6 L)	FREEZE-IT™ MEDIUM DEEP (6 CUP/1.4 L)
Bagels				6-8	16-20	
Bananas (Peeled)				4-6 each		
Berries (Mixed)	8 oz.	12 oz.				
Blueberries	6 oz.	12 oz.				
Breakfast Sausage (Patties)			12			
Breakfast Sausage (Links)			12			
Broccoli (Florets)		8 oz.		up to 2 lb.		
Burger Patties (Chicken/Beef/Turkey)			2			
Buttermilk						6 cups
Carrots (Sliced)		8 oz.	8 oz.	1 lb.		
Cauliflower (Florets)		8 oz.		up to 2 lb.		
Cheese (Sliced)	12-oz. package		1 lb.			
Chicken (Breasts)			2			
Chicken (Legs)				12		
Chicken (Wings)				2½-3 lb.		
Chicken Nuggets				up to 2-lb. bag		
Chocolate Chips	12-oz. bag	24-oz. bag				
Cookie Dough (Roll)				4 1-lb. rolls		
Corn	8-10 oz.	1 lb.	10 oz.	3-3½ lbs.		
Corn on the Cob (Shucked)				4		
Croquettes			12 each			
Deli Meat (Sliced)	8-10 oz.	1 lb.	1 lb.			
Dinner Rolls					2 packages	
Edamame (Pods)	6 oz.	10 oz.	10 oz.			
Edamame (Shelled)	8 oz.	12 oz.	10 oz.			1½ lb.
English Muffins				12	24	
Fish Filets			2			
French Fries	6 oz.	10 oz.	8 oz.	up to 32-oz. bag		
Grapes		8 oz.		2½ lb.		
Green Beans	8 oz.	12 oz.	8-10 oz.	2-3 lbs.		

Note: Product capacities are estimated based on average package sizes, and some packages may not fill the entire container.

# Freeze-It™ Containers

Tupperware®



ITEMS	FREEZE-IT™ SMALL (1½ CUP/400 ML)	FREEZE-IT™ SMALL DEEP SQUARE (3⅓ CUP/800 ML)	FREEZE-IT™ MEDIUM SHALLOW RECTANGULAR (2½ CUP/600 ML)	FREEZE-IT™ MEDIUM DEEP RECTANGULAR (3 QT./2.8 L)	FREEZE-IT™ EXTRA LARGE (6 QT./6 L)	FREEZE-IT™ MEDIUM DEEP (6 CUP/1.4 L)
Ground Beef (Chicken or Turkey)			1 lb.			
Hamburger Buns				6	12	
Hash Browns (Shredded)			8 oz.			
Hotdog Buns				8	16	
Ice Cream (Date Me)	single batch	double batch				
Kaiser Rolls				4	8	
Links of Italian Sausage/ Bratwurst/Smoked Sausage				12-13 links		
Loaf of Bread					2	
Mangos (Diced)	8 oz.	14-16 oz.				
Melon (Cut)	8-10 oz.	1 lb.				
Milk						6 cups
Nuts	1½ cups	3 cups				
Pancakes				10-12 4" pancakes	20	
Peaches (Sliced)	8 oz.	12 oz.	12 oz.	2 lb.		
Peas				up to 3 lb.		1½ lb.
Peas & Carrots						1½ lb.
Pineapple (Cut)		1 lb.		up to 3 lb.		
Pork Loins				1		
Pork Tenderloins				2-3		
Raspberries	6 oz.	12 oz.				
Ravioli		8-10 oz.	8-10 oz.	1½-2 lb.		
Shredded Cheese	1 cup	2 cup				
Shrimp				1½ lb.		
Soup						6 cups
Stocks (Chicken/Beef/Veggie)						6 cups
Strawberries (Whole)		1-lb. cut		3 lb.		
Tater Tots				2 lb. bag		
Tortillas			15-18 4" tortillas			
Veggie Medley (Cauli, Broccoli, Carrot)				up to 2 lb.		1 lb.
Waffles				10-12 4" waffles	20	

Note: Product capacities are estimated based on average package sizes, and some packages may not fill the entire container.