

Keep It Cool:

REFRIGERATOR/FREEZER FOOD STORAGE CHART

Properly storing foods can help maintain their quality. Make sure perishable foods never sit out of refrigeration for more than two hours, and follow the expiration dates to ensure taste and safety. If no expiration date is available on the package, the following refrigeration guidelines provide a helpful gauge. Freezing is also a smart storage option for shoppers who wish to extend the shelf life of perishable foods beyond their expiration dates. But whether you're freezing or refrigerating, one basic rule applies: When in doubt, throw it out!



Home Food Safety™

www.homefoodsafety.org

Perishable Foods	Refrigerator (below 40°F)	Freezer (at or below 0°F)	Perishable Foods	Refrigerator (below 40°F)	Freezer (at or below 0°F)
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MEAT (BEEF, PORK, VEAL, LAMB)

Steaks	3 to 5 days	6 to 12 months
Chops	3 to 5 days	4 to 6 months
Roasts	3 to 5 days	6 to 9 months
Liver, variety meats	1 to 2 days	3 to 4 months
Cooked meat	3 to 4 days	2 to 3 months
Ground meat		
- uncooked	1 to 2 days	4 months
- cooked	3 to 4 days	

POULTRY (CHICKEN, TURKEY)

Poultry, whole	1 to 2 days	1 year
Poultry, pieces (breasts, thighs, wings)	1 to 2 days	9 months
Giblets	1 to 2 days	3 to 4 months
Cooked poultry	3 to 4 days	4 months
Ground poultry		
- uncooked	1 to 2 days	2 to 3 months
- cooked	3 to 4 days	3 to 4 months

HOT DOGS, LUNCH MEAT

Hot dogs		
- opened	1 week	1 to 2 months
- unopened	2 weeks	1 to 2 months
Lunch meat		
- opened	3 to 5 days	1 to 2 months
- unopened	2 weeks	1 to 2 months

EGGS

Fresh, in shell	3 to 5 weeks	Do not freeze
Egg whites and yolks (raw)	2 to 4 days	1 year
Egg substitutes		
- opened	3 days	Does not freeze well
- unopened	10 days	1 year

Note: All recommendations assume refrigerators are set below 40°F and freezers are set to 0°F

BACON, SAUSAGE

Bacon		
- opened	1 week	1 month
- unopened	2 weeks	
Sausage (meat or poultry)		
- raw	1 to 2 days	1 to 2 months
- pre-cooked/smoked	1 week	1 to 2 months
Summer sausage (labeled "Keep Refrigerated")		
- opened	3 weeks	1 to 2 months
- unopened	3 months	
Pepperoni, sliced	2 to 3 weeks	1 to 2 months

HAM, CORNED BEEF

Corned beef (in pouch with pickling juices)	5 to 7 days	Drained, 1 month
Fresh ham, uncooked		
- uncured	(if dated, follow "use-by" date)	6 months
- cured (cook-before-eating)	3 to 5 days	3 to 4 months
	5 to 7 days	
Ham, fully cooked, store wrapped		
- whole	1 week	
- half	3 to 5 days	1 to 2 months
- slices	3 to 4 days	
Ham, fully cooked, vacuum sealed		
- undated, unopened	2 weeks	1 to 2 months
- dated, unopened	Use-by date	
Ham, canned (labeled "Keep Refrigerated")		
- opened	1 week	1 to 2 months
- unopened	6 to 9 months	Do not freeze

DAIRY

Cheese, hard or processed		
- opened	3 to 4 weeks	6 months
- unopened	6 months	
Cheese, soft	1 week	6 months
Cottage/ricotta cheese	1 week	Do not freeze
Cream cheese	2 weeks	Do not freeze
Butter	1 to 3 months	6 to 9 months

