

Food Storage Times for the Refrigerator and Freezer

These short but safe time limits will help keep refrigerated foods from spoiling or becoming dangerous to eat. Freezing keeps food safe indefinitely - recommended freezer storage times are for quality (flavor, color, texture, etc.) only.

<u>Product</u>	<u>Refrigerator</u> <u>(40°F)</u>	<u>Freezer</u> <u>(0°F)</u>	<u>Product</u>	<u>Refrigerator</u> <u>(40°F)</u>	<u>Freezer</u> <u>(0°F)</u>
Eggs			Fresh Poultry		
Fresh, in shell	3 –5 weeks	NR	Chicken or turkey (whole)	1-2 days	1 yr
Raw yolks, whites	2– 4 days	1 yr	Chicken or turkey (pieces)	1-2 days	9 mos
Hard Cooked	7 days	NR	Fish		
Liquid pasteurized or egg substitutes	Opened - 3 days Unopened - 10 days	NR 1 yr	Lean (cod, haddock)	1-2 days	6 mos
Hot dogs	Opened - 1 week	1-2 mos	Fatty (salmon, sardines)	1-2 days	2-3 mos
Lunch meats	Unopened -2 weeks	1-2 mos	Cooked fish	3-4 days	4-6 mos
Bacon	7 days	1 mos	Fresh shrimp, scallops, crawfish, squid	1-2 days	3-6 mos
Sausage, raw (poultry, pork, beef)	1 - 2 days	1-2 mos	Dairy		
Ground beef, turkey, veal, pork, lamb	1 –2 days	3-4 mos	Butter	1 - 3 mos	6 - 9 mos
Fresh beef, veal, lamb, pork			Cheese, hard (cheddar, swiss)	Opened 3 - 4 wks Unopened 6 mos	NR 6 mos
Steaks/Roasts	3 - 5 days	4 - 12 mos	Cottage cheese, ricotta	1 week	NR
Chops			Cream cheese	2 weeks	NR
Leftovers			Half and half	3 - 4 days	4 mos
Cooked meat, poultry	3 - 4 days	2-6 mos	Margarine	6 months	1 year
Chicken nuggets/patties	3 - 4 days	1 - 3 mos	Milk	7 days	1 year
Pizza	3 - 4 days	1 - 2 mos	Yogurt	7 - 10 days	NR
Salads			Soups & Stews		
Egg, chicken, ham, tuna, macaroni	3 - 5 days	NR	Vegetable or meat added	3 - 4 days	2 - 6 mos
Lettuce/greens	3 - 5 days	NR	Condiments (opened)		
			Ketchup/mustard	6 - 8 months	NR
			Mayonnaise	2 months	NR
			Natural peanut butter	2 - 3 months	NR

NR = freezing not recommended

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CULTIVATING HEALTHY COMMUNITIES

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Food Storage Times for the Pantry

In general, keep food items cool and dry. For maximum storage once opened, store in airtight containers. Refrigeration may increase the shelf life of some items.

<u>Product</u>	<u>Time</u>	<u>Product</u>	<u>Time</u>
Breads, Cereals, Grains		Staples	
Bread crumbs, croutons	6 months	Baking powder, baking soda	8 - 12 months
Bread, rolls	3 - 5 days	Cocoa mixes	8 months
Cereals		Chocolate syrup, unopened	2 years
Ready-to-eat, unopened	6 - 12 months	Cornstarch	18 months
Ready-to-eat, opened	2 - 3 months	Gelatin	18 months
Ready-to-cook, oatmeal	12 months	Honey	12 months
Cornmeal	6 - 12 months	Coffee	
Flour	6 - 8 months	Ground, unopened	2 years
Yeast, dry	Expiration date	Ground, opened	3 weeks
Grits	12 months	Instant, unopened	1 - 2 years
Pancake mixes	6 - 9 months	Instant, opened	2 - 3 months
Pasta	1 - 2 years	Whole beans	3 - 5 months
Rice		Jellies, jams, unopened	1 year
White	2 years	Marshmallows	2 - 3 months
Brown	1 year	Molasses, unopened	1 - 2 years
Mixes	6 months	opened	6 months
Spices, Herbs, Condiments, Extracts		Peanut Butter, unopened	6 - 9 months
Catsup, chili, cocktail sauce		opened	2 - 3 months
unopened	1 year	Shortening	1 year
Herbs	6 months	Semi-sweet chocolate	18 months
Herb/spice blends		Sugar	
unopened	2 years	Brown	4 months
opened	1 year	Confectioner's	18 months
Mayonnaise, unopened	2 - 3 months	Granulated	2 years
Mustard, unopened	2 years	Sweetener, artificial	2 years
Salad dressing, bottled		Tea	
unopened	10 - 12 months	Bags	18 months
Spices		Instant	3 years
Ground	6 months	Loose	2 years
Whole	1 - 2 years	Vegetable shortening	3 months
Vanilla extract		Vinegar, unopened	2 years
unopened	2 years	opened	12 months
opened	1 year	Mixes	
Other extracts		Biscuit, brownie, muffin mix	9 months
opened	1 year	Cake mix	9 months
		Canned frosting	3 months
		Pancake mix	6 - 9 months
		Pie crust mix	8 months
		Pudding mix	12 months
		Soup mixes	12 months

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