

## COLD **TORAGE**



## **Health and Wellness**

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Product	Refrigerator (4°C)	Freezer (-18°C)	Product Refrigerator (4°C)		Freezer (-18°C)
Eggs Fresh, in shell Raw yolks, whites Hard-cooked Liquid pasteurized eggs, egg substitutes, opened Unopened	3 to 5 weeks 2 to 4 days 1 week 3 days 10 days	Don't freeze 1 year Don't freeze well Don't freeze well 1 year	Cooked Poultry Fried chicken Cooked poultry Casseroles Pieces, plain, pieces covered with broth, gravy Chicken nuggets, patties	3 to 4 days 3 to 4 days 3 to 4 days 1 to 2 days 1 to 2 days	4 months 4 to 6 months 4 months 6 months 1 to 3 months
Mayonnaise Commercial - refrigerate after ope	ening 2 months	Doesn't freeze	<b>Pizza</b> Pizza	3 to 4 days	1 to 2 months
<b>Deli and Vacuum-Packed P</b> Store-prepared (or homemade) chicken, ham, tuna, macaroni sa	egg,	Don't freeze well	Stuffing Stuffing – cooked Beverages, Fruit	3 to 4 days	1 month
Weiners and Luncheon Meats Weiners, opened package Unopened package Luncheon meats, opened package	1 week 2 weeks	1 to 2 months 1 to 2 months 1 to 2 months	Juices in cartons - fruit drinks, punch	3 weeks unopened 7 to 10 days opened	8 to 12 months
Bacon and Sausage Bacon Sausage, raw from chicken, turk	2 weeks 7	1 to 2 months  1 month	<b>Dairy</b> Butter Buttermilk Cheese, hard (such as Cheddar, Swiss)	unopened 3 to 4 weeks,	6 to 9 months 3 months 6 months
pork, beef Smoked breakfast links, patties Hard sausage – pepperoni, jerky sticks	1 to 2 days 7 days 2 to 3 weeks	1 to 2 months 1 to 2 months 1 to 2 months	Cheese soft (such as Brie, Bel Paese) Cottage cheese, Ricotta	opened 1 week 1 week	6 months Doesn't freeze well
Summer sausage – labeled "Keep Refrigerated" Opened Unopened	3 weeks 3 months	1 to 2 months 1 to 2 months	Cream cheese Cream - whipped, ultrapasteurized Cream - whipped, sweetened Cream - aerosol can	2 weeks 1 month 1 day	Doesn't freeze well Doesn't freeze 1 to 2 months
Ham, Corned Beef Corned beef, in pouch with pickl juices Ham, canned — labelled "Keep Refrigerated" Opened Unopened Ham, fully-cooked vacuum-seale plant, undated, unopened	5 to 7 days 3 to 5 days 6 to 9 months	Drained, 1 month  1 to 2 months Doesn't freeze  1 to 2 months	Real whipped cream Cream - aerosol can, non-dairy topping Cream - half and half Eggnog, commercial Margarine Milk Pudding Sour cream Yogurt	3 to 4 weeks 3 months 3 to 4 days 3 to 5 days 4 to 5 months 7 days Package date; 2 days after openin 7 to 21 days 7 to 14 days	Doesn't freeze Doesn't freeze 4 months 6 months 12 months 3 months Doesn't freeze 9 Doesn't freeze 1 to 2 months
Ham, fully-cooked vacuum- sealed at plant, dated, unopened Ham, fully-cooked whole Ham, fully-cooked half Ham, fully-cooked slices	"Use by" date on package 7 days 3 to 5 days 3 to 4 days	1 to 2 months 1 to 2 months 1 to 2 months 1 to 2 months	<b>Dough</b> Tube cans or rolls, biscuits, pizza dough, etc. Ready-to-bake pie crust Cookie dough	"Use by" date "Use by" date "Use by" date Unopened or opened	Doesn't freeze 2 months 2 months
Hamburger, Ground and Ste Hamburger and stew meat Ground turkey, veal, pork, lamb a mixtures of them	1 to 2 days	3 to 4 months 3 to 4 months	Fish Lean fish (cod, flounder, haddock, sole, etc.)	1 to 2 days	6 months
Fresh Beef, Veal, Lamb, Pork Steaks Chops Roasts Variety meats – tongue, liver, he	3 to 5 days 3 to 5 days 3 to 5 days eart,	6 to 12 months 4 to 6 months 4 to 12 months	Fatty fish (bluefish, mackerel, salmon, etc.) Cooked fish Smoked fish	1 to 2 days 3 to 4 days 14 days or date on vacuum package	2 to 3 months 4 to 6 months 2 months in vacuum package
kidneys, chitterlings Pre-stuffed, uncooked pork chop lamb chops, or chicken breast stuffed with dressing	1 to 2 days os, 1 day	3 to 4 months  Don't freeze well	Shellfish Shrimp, scallops, crayfish, squid, shucked clams, mussels, and oysters	1 to 2 days	3 to 6 months
Soups and Stews Vegetable or meat added	3 to 4 days	2 to 3 months	Live clams, mussels, crab, lobster, and oysters Cooked shellfish	2 to 3 days 3 to 4 days	2 to 3 months 3 months
Meat Leftovers Cooked meat and meat casserol Gravy and meat broth	es 3 to 4 days 1 to 2 days	2 to 3 months 2 to 3 months	Notes: These short but safe time limits will help keep refrigerated foods from spoiling or becoming dangerous to eat. Because freezing keeps food safe indefinitely, recommended storage times are for quality only.		

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  Storage times are from date of purchase unless specified on the chart. It is not important if a date expires after food is frozen.

  A knowledgeable food safety professional is available to answer your questions at both the Food Safety Network 1-866-503-7638 or the Food Safety Info Line at 1-800-892-8333.

**Fresh Poultry**Chicken or turkey, whole Chicken or turkey pieces Giblets

1 to 2 days 1 to 2 days 1 to 2 days

1 year 9 months 3 to 4 months