

Refrigerator and Freezer Storage Chart

	Refrigerator (40°F)	Freezer (0°F)
Eggs		
Fresh, in shell	4-5 weeks	Don't freeze
Hardcooked	1 week	Doesn't freeze well
Egg substitutes, opened	3 days	Don't freeze
Unopened	10 days	1 year
Dairy Products		
Milk	1 week	3 months
Cottage cheese	1 week	Doesn't freeze well
Yogurt	1-2 weeks	1-2 months
Commercial mayonnaise (refrigerate after opening)	2 months	Don't freeze
Vegetables		
	Raw	Blanched/cooked
Beans, green or waxed	3-4 days	8 months
Carrots	2 weeks	10-12 months
Celery	1-2 weeks	10-12 months
Lettuce, leaf	3-7 days	Don't freeze
Lettuce, iceberg	1-2 weeks	Don't freeze
Spinach	1-2 days	10-12 months
Squash, summer	4-5 days	10-12 months
Squash, winter	2 weeks	10-12 months
Tomatoes	2-3 days	2 months
Deli Foods		
Entrees, cold or hot	3-4 days	2-3 months
Store-prepared or homemade) salads	3-5 days	Don't freeze
Hot dogs & LunchMeats		
Hotdogs, opened package	1 week	
Unopened package	2 weeks	1-2 months in freezer wrap
Lunch meats, opened	3-5 days	1-2 months
Unopened	2 weeks	1-2 months
TV Dinners/Frozen Casseroles		
Keep frozen until ready to serve		3-4 months

Refrigerator and Freezer Storage Chart (Continued)

	Refrigerator (40°F)	Freezer (0°F)
Fresh Meat		
Beef—steaks, roasts	3-5 days	6-12 months
Pork—chops, roasts	3-5 days	4-6 months
Lamb—chops, roasts	3-5 days	6-9 months
Veal—roast	3-5 days	4-6 months
Fresh Poultry		
Chicken or turkey, whole	1-2 days	1 year
Chicken or turkey pieces	1-2 days	9 months
Fresh Fish		
Lean fish (cod, flounder, etc.)	1-2 days	6 months
Fatty fish (salmon, etc.)	1-2 days	2-3 months
Ham		
Canned ham (label says “keep refrigerated”)	6-9 months	Don't freeze
Ham, fully cooked (Half & slices)	3-5 days	1-2 months
Bacon & Sausage		
Bacon	1 week	1 month
Sausage, raw (pork, beef or turkey)	1-2 days	1-2 months
Pre-cooked smoked breakfast links/patties	1 week	1-2 months
Leftovers		
Cooked meat, meat dishes, egg dishes soups, stews and vegetables	3-4 days	2-3 months
Gravy & meat broth	1-2 days	2-3 months
Cooked poultry and fish	3-4 days	4-6 months

Fresh Produce

- Raw fruits are safe at room temperature, but after ripening they will mold and rot quickly. For best quality, store ripe fruit in the refrigerator or prepare and freeze. After cooking, fruit must be refrigerated or frozen within 2 hours.

- Some dense raw vegetables—like potatoes and onions—can be stored at cool room temperatures. Refrigerate other raw vegetables for optimum quality and to prevent rotting. After cooking, vegetables must be refrigerated or frozen within 2 hours.