

Refrigerator and Freezer Storage Chart

	Refrigerator (40°F)	Freezer (0°F)
Eggs		
Fresh, in shell	4-5 weeks	Do Not Freeze
Hard Cooked	1 week	Doesn't Freeze Well
Egg substitutes, opened	3 days	Do Not Freeze
Unopened	10 days	1 years

	Refrigerator (40°F)	Freezer (0°F)
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	Do Not 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	Do Not Freeze
Lettuce, iceberg	1-2 weeks	Do Not 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	Raw	Blanched/cooked
Entrees, cold or hot	3-4 days	2-3 months
Store-prepared or homemade-salads	3-5 days	Do Not Freeze

Hot dogs & Luncheon Meats	Raw	Blanched/cooked
Hot dogs, opened package	1 week	1-2 months in freezer wrap
Unopened package	2 weeks	1-2 months
Lunch meats, opened	3-5 days	1-2 months
Unopened	2 weeks	1-2 months

TV Dinners/ Frozen Casseroles		Freezer (0° F)
Keep frozen until ready to serve		3-4 months

Fresh Meat	Refrigerator (40 ° F)	Freezer (0 ° F)
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	Refrigerator (40 ° F)	Freezer (0 ° F)
Chicken or turkey, whole	1-2 days	1 year
Chicken or turkey, pieces	1-2 days	9 months

Fresh Fish	Refrigerator (40 ° F)	Freezer (0 ° F)
Lean fish (cod, flounder, etc)	1-2 days	6 months
Fatty Fish (salmon, etc.)	1-2 days	2-3 months

Ham	Refrigerator (40 ° F)	Freezer (0 ° F)
Canned Ham (label says “keep refrigerated”)	6-9 months	Do Not Freeze
Ham, fully cooked (half & slices)	3-5 days	1-2 months

Bacon & Sausage	Refrigerator (40° F)	Freezer (0 ° F)
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	Refrigerator (40° F)	Freezer (0° F)
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:

- The quality of certain perishable fresh fruits and vegetables (such as strawberries, lettuce, herbs and mushrooms) can be maintained best by storing in the refrigerator. If you are uncertain whether an item should be refrigerated to maintain quality, ask your grocer.
- All produce purchased pre-cut or peeled should be refrigerated for safety as well as quality.
- Produce cut or peeled at home should be refrigerated within two hours.
- Any cut or peeled produce that is left at room temperature for more than two hours should be discarded.