

Refrigerator and Freezer Storage Guidelines

The following recommended refrigeration times are for safety, and the freezing times are for quality. Refrigerated storage times may be extended depending on manufacturer's recommendations, packaging and storage temperature. If you store properly wrapped food in your freezer the quality may be maintained for longer periods of time.

Refrigerator and Freezer storage		
Food	Refrigerate at 4°C (40°F) or colder	Freezer at - 18 °C (0 °F) or colder
Fresh meat		
Beef	2-4 days	10 - 12 months
Pork	2-4 days	8 - 12 months
Lamb	2-4 days	8 - 12 months
Veal	3-4 days	8 - 12 months
<u>Ground meat</u>	1-2 days	2 - 3 months
Fresh poultry		
<u>Chicken/Turkey</u> - whole	2-3 days	1 year
Chicken/Turkey - pieces	2-3 days	6 months
Fresh fish		
Lean fish - cod, flounder etc.	3-4 days	6 months
Fatty fish - salmon etc.	3-4 days	2 months
<u>Shellfish</u> - clams, crab, lobster etc.	12-24 hours	2-4 months
Scallops, shrimp, cooked shellfish	1-2 days	2-4 months
Ham		
Canned ham	6-9 months	Don't freeze
Cooked ham	3-4 days	2-3 months
Bacon and sausages		
Bacon	1 week	1 month
Raw sausage	1-2 days	1-2 months
Pre-cooked sausage links or patties	1 week	1-2 months

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Hot dogs		
Un-opened hotdogs	2 weeks	1-2 months
Opened hotdogs	1 week	1-2 months
Lunch meat and deli food		
Un-opened lunch meat	2 weeks	1-2 months
Opened lunch meat	3-5 days	1-2 months
Deli packaged lunch meat	3-4 days	2-3 months
Deli or homemade salads	3-5 days	Don't freeze
Leftovers		
Cooked meat, stews, egg or vegetable dishes	3-4 days	2-3 months
Cooked poultry and fish	3-4 days	4-6 months
Meat broth and gravy	3-4 days	4-6 months
Soups	2-3 days	4 months
Frozen dinners		
Keep frozen until ready to cook		3-4 months
Eggs		
Fresh in shell	3-4 weeks	Don't freeze
Fresh out of shell	2-4 days	4 months
Hard-cooked	1 week	Doesn't freeze well
Egg substitutes un-opened	10 days	1 year
Egg substitutes opened	3 days	Don't freeze

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Dairy products

Un-opened milk	Best before date	6 weeks
Opened milk	3 days	Don't freeze
Un-opened cottage cheese	Best before date	Doesn't freeze well
Opened cottage cheese	3 days	Don't freeze
Un-opened yogurt	Best before date	1-2 months
Opened yogurt	3 days	Don't freeze
Soft cheese	1 week	Doesn't freeze well
Semi-soft cheese	2-3 weeks	8 weeks
Firm cheese	5 weeks	3 months
Hard cheese	10 months	1 year
Processed cheese	5 months	3 months
Un-opened salted butter	8 weeks	1 year
Un-opened unsalted butter	8 weeks	3 months
Opened butter	3 weeks	Don't freeze

Vegetables

Beans green or waxed	5 days	8 months
Carrots	2 weeks	10-12 months
Celery	2 weeks	10-12 months
Leaf lettuce	3-7 days	Don't freeze
Iceberg lettuce	1-2 weeks	Don't freeze
Spinach	2-4 weeks	10-12 months
Summer squash	1 week	10-12 months
Winter squash	2 weeks	10-12 months
Tomatoes	Don't refrigerate	2 months