



In Your Hands

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 because freezing keeps food safe indefinitely. Recommended storage times are for quality only.

Product	Refrigerator (40°F)	Freezer (0°F)
Eggs		
Fresh, in shell	3 - 5 weeks	NR
Raw yolks, whites	2 - 4 days	1 year
Hard cooked	7 days	NR
Liquid pasteurized eggs or egg substitutes		
Opened	3 days	NR
Unopened	10 days	1 year

Hot Dogs, Lunch Meats

Hot dogs:		
Opened	1 week	1 - 2 months
Unopened	2 weeks	1 - 2 months
Luncheon Meat:		
Opened package or deli sliced	3 - 5 days	1 - 2 months
Unopened package	2 weeks	1 - 2 months

Bacon, Sausage

Bacon	7 days	1 month
Sausage, raw (from chicken, turkey, pork, beef)	1 - 2 days	1 - 2 months

Hamburger & Other Ground Meats

Hamburger, ground beef, turkey, veal, pork, lamb	1 - 2 days	3 - 4 months
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Fresh Beef, Veal, Lamb, Pork

Steaks	3 - 5 days	6 - 12 months
Chops	3 - 5 days	4 - 6 months
Roasts	3 - 5 days	4 - 12 months

NR = freezing not recommended

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

Fish

Lean fish (cod, haddock)	1 - 2 days	6 months
Fatty fish (salmon, sardines)	1 - 2 days	2 - 3 months
Cooked fish	3 - 4 days	4 - 6 months
Fresh shrimp, scallops, crawfish, squid	1 - 2 days	3 - 6 months

Dairy

Butter	1 - 3 months	6 - 9 months
Cheese, hard (cheddar, swiss, etc.)	6 months (unopened) 3 - 4 weeks (opened)	6 months
Cottage cheese, ricotta	1 week	NR
Cream cheese	2 weeks	NR
Half-and-half	3 - 4 days	4 months
Margarine	6 months	1 year
Milk	7 days	3 months
Yogurt	7 - 10 days	NR

Leftovers

Cooked meat or poultry	3 - 4 days	2 - 6 months
Chicken nuggets or patties	3 - 4 days	1 - 3 months
Pizza	3 - 4 days	1 - 2 months

Soups & Stews

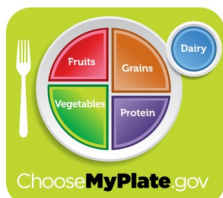
Vegetable or meat added	3 - 4 days	2 - 6 months
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Salads

Egg, chicken, ham, tuna macaroni salads	3 - 5 days	NR
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Condiments (opened)

Ketchup/mustard	6 - 8 months	NR
Mayonnaise	2 months	NR
Natural peanut butter	2 - 3 months	NR



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>
Breads, Cereals, Grains	
Bread crumbs, croutons	6 months
Bread, rolls	3 - 5 days
Biscuit, muffin mixes	9 months
Cereals	
Ready-to-eat, unopened	6 - 12 months
Ready-to-eat, opened	2 - 3 months
Ready-to-cook, oatmeal	12 months
Cornmeal	6 - 12 months
Flour	6 - 8 months
Yeast, dry	Expiration date
Grits	12 months
Pancake mixes	6 - 9 months
Pasta	1 - 2 years
Rice	
White	2 years
Brown	1 year
Mixes	6 months
Spices, Herbs, Condiments, Extracts	
Catsup, chili, cocktail sauce	
unopened	1 year
Herbs	6 months
Herb/spice blends	
unopened	2 years
opened	1 year
Mayonnaise, unopened	2 - 3 months
Mustard, unopened	2 years
Salad dressing, bottled	
unopened	10 - 12 months
Spices	
Ground	6 months
Whole	1 - 2 years
Vanilla extract	
unopened	2 years
opened	1 year
Other extracts	
unopened	2-3 months

<u>Product</u>	<u>Time</u>
Staples	
Baking powder, baking soda	8 - 12 months
Cocoa mixes	8 months
Chocolate syrup, unopened	2 years
Cornstarch	18 months
Gelatin	18 months
Honey	12 months
Instant coffee	
unopened	1 - 2 years
opened	2 months
Jellies, jams, unopened	1 year
Marshmallows	2 - 3 months
Molasses, unopened	
opened	6 months
Peanut Butter, unopened	
opened	2 - 3 months
Shortening	1 year
Semi-sweet chocolate	18 months
Sugar	
Brown	4 months
Confectioner's	18 months
Granulated	2 years
Sweetener, artificial	2 years
Tea	
Bags	18 months
Instant	3 years
Loose	2 years
Vegetable shortening	3 months
Vinegar, unopened	
opened	12 months
Mixes	
Biscuit, brownie, muffin mix	9 months
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

UVM Extension's Expanded Food and Nutrition Education Program helps limited resource families, their children and pregnant women learn to shop smarter, eat healthier, and save money. For more information, please contact: (802) 656-2311 or 1-877-337-5826 (toll-free in Vt.) efnep@uvm.edu

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