

FOOD STORAGE CHART

The following chart provides general recommended storage times from date of purchase for various food products stored under optimum conditions.

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FOOD**PANTRY**
(Room Temperature)**REFRIGERATOR**
(330F/10C to 400F/60C)**FREEZE
R**
(320F/0C)**VEGETABLES**

Asparagus

2-3 days

8 months

Beets

2 weeks

8 months

Broccoli

3-5 days

8 months

Brussels Sprouts

3-5 days

8 months

Cabbage

1 week

Carrots

2 weeks

Cauliflower

1 week

Celery

1 week

Corn (Husks)

1-2 days

Cucumber

1 week

Eggplants

1 week

Green Beans

1-2 days

Green Peas

3-5 days

Lettuce

1 week

FOOD**PANTRY**
(Room Temperature)**REFRIDGERATOR**
(330F/10C to 400F/60C)**FREEZE
R**
(320F/0C)**VEGETABLES >>**

Lima Beans		3-5 days	8 months
Mushrooms		2 days	8 months
Onions	1 week	3-5 days	
Peppers	2-3 weeks	1 week	
Sweet Potatoes	2-3 months		
White Potatoes	1 week		
Radishes		2 week	
Rhubarb		3-5 days	
Snap Beans		1 week	
Spinach		5-7 days	
Squash, Summer		3-5 days	
Squash, Winter			
Tomatoes		1 week	
Turnips		2 weeks	

FOOD**PANTRY**
(Room Temperature)**REFRIDGERATOR**
(330F/10C to 400F/60C)**FREEZE**
R
(320F/0C)**VEGETABLES >>**

Frozen Vegetables

8 months

Vegetables Soup

3-4 days

3 months

FRUITS

Apples

Until Ripe

1 month

8 months

Apricots

Until Ripe

5 days

1 year

Avocados

Until Ripe

5 days

Bananas

Until Ripe

5 days (fully ripe)

Berries

Until Ripe

3 days

Cherries

Until Ripe

3 days

Citrus Fruit

Until Ripe

2 weeks

Dried Fruit

6 months

2-4 days +

Frozen Fruit

FOOD**PANTRY**
(Room Temperature)**REFRIDGERATOR**
(330F/10C to 400F/60C)**FREEZE
R**
(320F/0C)**FRUITS** >>

Fruit, Pre-cut, Fresh	Until Ripe	2-4 days	
Grapes	Until Ripe	5 days	
Melons	Until Ripe	5 days	
Nectarines	Until Ripe	5 days	
Peaches	Until Ripe	5 days	1 year
Pears	Until Ripe	5 days	1 year
Pineapple	Until Ripe	5-7 days	1 year
Plums	Until Ripe	5 days	

DAIRY PRODUCTS

Butter		1-2 months	9 months
Buttermilk		2 weeks	3 months
Cottage Cheese		1 week	
Cream Cheese		2 weeks	

FOOD**PANTRY**
(Room Temperature)**REFRIDGERATOR**
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R**
(320F/0C)**DAIRY PRODUCTS»»**Cream-Light, Heavy,
Half-and-Half

Margarine

Milk

Ice cream

Hard Natural Cheese
(e.g. Cheddar, Swiss)

Soft Cheese (e.g. brie)

Sour Cream

Real Whipped Cream, Canned

Yogurt

3-4 days

3-4 days

4-5 months

8-20 days

3-6 months

1 week

2 weeks

3-4 weeks

2 weeks

1-4 months

12 months

3 months

2 months

6 months

6 months

1-2 months

MEATS

Fresh Beef & Bison Steaks

Fresh Pork Chops

3-5 days

3-5 days

6-9 months

4-6 months

FOOD**PANTRY**
(Room Temperature)**REFRIDGERATOR**
(330F/10C to 400F/60C)**FREEZE
R**
(320F/0C)**MEATS**

Fresh Lamb Chops		3-5 days	6-8 months
Fresh Veal		1-2 days	4-6 months
Fresh Ground Meat (e.g. Beef, Bison, Veal, Lamb)		1-2 days	3-4 months
Cooked Meat		2-3 days	2-3 months
Ham, Whole		1 week	1-2 months
Ham, Cook before eating		1 week	
Ham, fully cooked		2 weeks	
Ham, dry-cured		1 week +	
Bacon	1 year	1 month	
Sausage, Fresh	1 year	2 weeks	1 months
Sausage, Dry Smoked (e.g. Pepperoni, Jerky, Dry Salami)		1 week	1-2 months
		1-2 days	6 months
		1 month +	

FOOD**PANTRY**
(Room Temperature)**REFRIDGERATOR**
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R**
(320F/0C)**MEATS** >>

Luncheon Meat

2 weeks

1-2 months

Meat Gravies

3-4 days +

2-3 months

Venison Ground Meat

1-2 days

2-3 months

1-2 days

FISH

Breaded fish

4-6 months

Canned fish

1 year

1-2 days +

3 months

Cooked fish or Seafood

3-4 days

6-10 months

Lean fish

1-2 days

(e.g. cod, flounder, haddock)

Fatty fish

1-2 days

2-3 months

(e.g. bluefish, salmon, mackerel)

Smoked fish

2 weeks

4-5 weeks

FOOD**PANTRY**
(Room Temperature)**REFRIDGERATOR**
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R**
(320F/0C)**FISH**Seafood-clams, clam,
lobster in shell

Seafood-oysters and scallops

Seafood-shrimp

Tuna-salad, store
prepared or homemade

2 day

4-5 days

4-5 days

3-5 days

3 months

3-4 months

3 months

3 months

POULTRY

Chicken nuggets or patties

Chicken livers

Cooked poultry

Fresh poultry

Frozen poultry parts

1-2 days

1-2 days

2-3 days

1-2 days

1-2 days

3 months

4-6 months

1 year

6-9 months

FOOD

PANTRY
(Room Temperature)

REFRIDGERATOR
(330F/10C to 400F/60C)

FREEZE
R
(320F/0C)

EGGS

Eggs, in shell

Eggs, hard-boiled

Eggs, pasteurised, liquid

3-5 weeks

1 week

10 days

3 days +

6-9 months

1 year