



**REFRIGERATOR & FREEZER STORAGE**  
(FDA RECOMMENDED)

Generally, refrigerator temperatures should be at least 40° F and freezer temperatures should be at least 0° F to avoid spoilage. The following the following food safety tips will help ensure healthy food consumption:

- Purchase products well before the “sell-by” or expiration date.
- Carefully follow handling instructions contained on packaging.
- Keep pre-packaged meats/poultry in packaging until just before using.
- When re-packaging meat/poultry in portions, make sure re-packaging is freezer safe and airtight to avoid contamination and freezer burns.
- When freezing meat/poultry in original packaging for more than 2 months, overwrap package with airtight, heavy duty foil or freezer safe plastic bags.

<b>DAIRY AND POULTRY</b>	<b>REFRIGERATOR</b>	<b>FREEZER</b>
EGGS, FRESH	4 to 5 weeks	N/A
MAYONNAISE (REFRIGERATE AFTER OPENING)	2 months	N/A
BUTTER	1 to 3 months	6 to 9 months
CHEESES, HARD (PANTRY 1-3 MONTHS)	2 to 4 months	6 to 8 months
CHEESES, SOFT	2 to 4 months	6 to 8 months
MILK & CREAM	5 to 7 days	1 month
YOGURT	2 to 3 weeks	1 to 2 months
POULTRY, FRESH (CHICKEN, TURKEY)	1 to 2 days	9 months to 1 yr
POULTRY, COOKED (CHICKEN, TURKEY)	1 to 3 days	4 to 5 months
<b>FISH &amp; SHELL FISH</b>	<b>REFRIGERATOR</b>	<b>FREEZER</b>
LEAN FISH, FRESH	1 to 2 days	6 months
FATTY FISH, FRESH	1 to 2 days	2 to 3 months
COOKED FISH	3 to 4 days	4 to 6 months
SMOKED FISH	14 days	2 months
FRESH SHELL FISH, SCALLOPS	1 to 2 days	3 to 6 months
<b>FRESH MEATS (BEEF, VEAL, LAMB, PORK)</b>	<b>REFRIGERATOR</b>	<b>FREEZER</b>
STEAKS	3 to 5 days	6 to 12 months
CHOPS	3 to 5 days	4 to 6 months
ROASTS	3 to 5 days	4 to 12 months
INTERNAL PIECES (KIDNEY, LIVER, HEART)	1 to 2 days	3 to 4 months
HAM, FULLY COOKED, WHOLE	7 days	1 to 2 months
HAM, FULLY COOKED, SLICES	3 to 4 days	1 to 2 months
OTHER LUNCH MEATS, SLICES, UNOPENED	2 weeks	1 to 2 months
OTHER LUNCH MEATS, SLICES, OPENED	3 to 5 days	1 to 2 months
BACON	7 days	1 month
SAUSAGE, RAW	1 to 2 days	1 to 2 months
SAUSAGE, SMOKED	7 days	1 to 2 months
SUMMER SAUSAGE, LABELED, UNOPENED	3 months	1 to 2 months
SUMMER SAUSAGE, LABELED, OPENED	3 weeks	1 to 2 months
COOKED MEATS	3 to 4 days	2 to 3 months
GRAVIES AND MEAT BROTHS	1 to 2 days	2 to 3 months

<b>SOUPS, STEWS &amp; CASSEROLES</b>	<b>REFRIGERATOR</b>	<b>FREEZER</b>
VEGETABLE, MEAT OR MIXTURES, COOKED	3 to 4 days	2 to 3 months
VEGETABLE, MEAT OR MIXTURES, UNCOOKED	1 to 3 days	3 to 4 months