

Food Storage Guidelines

Food Item	Refrigerated	Frozen
Eggs		
Fresh, in shell	4 to 5 weeks	Don't freeze
Raw yolks, whites	2 to 4 days	1 year
Hard cooked	1 week	Don't freeze
Liquid eggs		
Open	3 days	Don't freeze
Unopened	10 days	1 year
Frozen casseroles		3 to 4 months
Salads (store prepared or homemade) egg, chicken, tuna, ham, macaroni salads	3 to 5 days	Don't freeze
Stuffed meats with dressing	1 day	Don't freeze
Store cooked meals	3 to 4 days	Don't freeze
Commercial packaged lunch meats		
Unopened	2 weeks	Don't freeze
Opened		
Raw hamburger, ground meats & stew meat (beef, turkey, chicken, veal, pork, lamb)	1 to 2 days	3 to 4 months
Ham, fully cooked		
Packaged	7 days	1 to 2 months
Opened	3 to 5 days	1 to 2 months
Ham, sliced	3 to 4 days	1 to 2 months
Hot dogs		
Opened package	1 week	1 to 2 months
Unopened package	2 weeks	1 to 2 months
Lunch meats		
Opened package, deli sliced	3 to 5 days	1 to 2 months
Unopened package	2 weeks	1 to 2 months
Soups & Stews (Vegetable or Meat)	3 to 4 days	2 to 3 months
Bacon	7 days	1 month
Sausage, raw	1 to 2 days	1 to 2 months
Smoked Breakfast links, patties	7 days	1 to 2 months

Food Item	Refrigerated	Frozen
Fresh Meat (Beef, Veal, Lamb Pork)		
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
Cooked meat & meat dishes	3 to 4 days	2 to 3 months
Gravy & meat broth	1 to 2 days	2 to 3 months
Chicken or turkey, whole	1 to 2 days	1 years
Chicken or turkey, parts	1 to 2 days	9 months
Fried chicken, cooked	3 to 4 days	4 months
Chicken nuggets, patties	3 to 4 days	2 months
Milk	1 week	3 months
Cottage cheese	1 week	Don't freeze
Yogurt	1-2 weeks	1-2 months
Mayonnaise	2 months	Don't freeze
Beans	3 to 4 days	8 months
Carrots	2 weeks	10 to 12 months
Celery	1 to 2 weeks	10 to 12 months
Lettuce, leaf	3 to 7 days	Don't freeze
Lettuce, iceberg	1 to 2 weeks	Don't freeze
Spinach	1 to 2 days	10 to 12 months
Squash, summer	4 to 5 days	10 to 12 months
Squash, winter	2 weeks	10 to 12 months
Tomatoes	2 to 3 days	2 months

*Store leftovers up to 4 days in the fridge.

**Based on the FDA.gov website

***Refrigerated items should be below 40° F (4° C)