

## FRESHNESS COUNTS - COLD FOOD STORAGE TIMES

FOOD	REFRIGERATED (4° C)	FROZEN (-18° C)
<b>Eggs</b> - Fresh, in shell -----	3-5 weeks -----	X
Hard boiled -----	1 week -----	X
Liquid pasteurized or substitutes - unopened -----	10 days -----	1 year
Liquid pasteurized or substitutes - opened -----	3 days -----	X
<b>Mayonnaise</b> -----	2 months -----	X
<b>Frozen Dinners</b> -----	X -----	3-4 months
<b>Deli Salads</b> (egg, chicken, ham, tuna, macaroni, etc.) -----	3-4 days -----	X
<b>Luncheon Meats</b> - packaged, unopened -----	fresh date -----	1-2 months
Packaged, opened -----	3-5 days -----	1-2 months
<b>Deli Sliced Meats</b> -----	2-3 days -----	1-2 months
<b>Hot Dogs</b> - unopened -----	fresh date -----	1-2 months
Opened -----	1 week -----	1-2 months
<b>Bacon</b> - unopened -----	fresh date -----	1 month
Opened -----	1 week -----	1 month
<b>Sausage</b> - raw -----	1-2 days -----	1-2 months
Hard, pepperoni, jerky, etc. -----	2-3 weeks -----	1-2 months
<b>Summer Sausage</b> - unopened -----	fresh date -----	1-2 months
Opened -----	3 weeks -----	1-2 months
<b>Ham</b> Whole - fully cooked -----	7 days -----	1-2 months
Slices - fully cooked -----	3-4 days -----	1-2 months
Vacuum sealed - fully cooked, unopened -----	fresh date -----	1-2 months
<b>Ground Meats</b> (hamburger, turkey, pork, etc.) -----	1-2 days -----	3-4 months
<b>Beef</b> (steaks, roasts, ribs, etc.) -----	3-5 days -----	6-12 months
<b>Pork</b> (chops, loins, ribs, etc.) -----	3-5 days -----	4-6 months
<b>Lamb</b> (chops, roasts, etc.) -----	3-5 days -----	6-9 months
<b>Innards</b> (liver, heart, kidneys, giblets, etc.) -----	1-2 days -----	3-4 months
<b>Corned Beef</b> - in pickling pouch -----	5-7 days -----	1 mo. (drained)
<b>Meat</b> - cooked leftovers -----	3-4 days -----	2-3 months
<b>Meat</b> - gravies and broth -----	1-2 days -----	2-3 months
<b>Venison</b> (deer, elk, moose) -----	3-5 days -----	3-4 months
<b>Soups &amp; Stews</b> - homemade -----	2-3 days -----	4-6 months
<b>Casseroles</b> - homemade -----	1-2 days -----	1 month
<b>Chicken &amp; Turkey</b> - raw whole -----	1-2 days -----	1 year
Raw pieces -----	1-2 days -----	9 months
Cooked -----	3-4 days -----	4-6 months
<b>Fish</b> - fresh lean (cod, flounder, haddock, sole, etc.) -----	1-2 days -----	6 months
Fatty (salmon, tuna, mackerel, etc.) -----	1-2 days -----	2-3 months
Cooked -----	3-4 days -----	4-6 months
Smoked -----	14 days or fresh date -----	2 mos. (vacuum)
<b>Shellfish</b> - raw -----	1-2 days -----	3-6 months
Cooked -----	3-4 days -----	3 months
<b>Pizza</b> -----	3-4 days -----	1-2 months
<b>Sandwiches</b> -----	2-3 days -----	1 month
<b>Fruit Beverage</b> - unopened (juice, punch, drinks, etc.) -----	fresh date -----	8-12 months
<b>Butter</b> -----	1-3 months -----	6-9 months
<b>Margarine</b> -----	4-5 months -----	12 months
<b>Milk</b> -----	fresh date -----	3 months
<b>Cheese</b> - Hard (cheddar, Swiss, Colby, etc.) unopened -----	fresh date -----	6 months
Hard - Opened -----	3-4 weeks -----	6 months
<b>Cottage Cheese</b> - opened -----	1 week -----	X
<b>Cream Cheese</b> - opened -----	2 weeks -----	X
<b>Whipped Cream</b> - pasteurized, unopened -----	fresh date -----	X
Prepared, sweetened -----	1 day -----	1-2 months
<b>Half &amp; Half</b> -----	fresh date -----	4 months
<b>Egg Nog</b> , opened, commercial -----	3-4 days -----	6 months
<b>Sour Cream</b> -----	fresh date -----	X
<b>Yogurt</b> -----	fresh date -----	1-2 months
<b>Breast Milk</b> - expressed -----	2 days -----	3-4 months
<b>Baby Formula</b> - prepared -----	2 days -----	X
<b>Baby Food</b> - fruit & veggies, opened or homemade -----	2-3 days -----	6-8 months
Meat & eggs, opened or homemade -----	1 day -----	1-2 months
Meat & veggie, opened or homemade -----	1-2 days -----	1-2 months