

Keep It Cool:

REFRIGERATOR/FREEZER FOOD STORAGE CHART



Academy of Nutrition
and Dietetics

Properly storing foods can help maintain their quality. Make sure perishable foods never sit out of refrigeration for more than two hours, and follow the expiration dates to ensure taste and safety. If no expiration date is available on the package, the following refrigeration guidelines provide a helpful gauge. Freezing is also a smart storage option for shoppers who wish to extend the shelf life of perishable foods beyond their expiration dates. But whether you're freezing or refrigerating, one basic rule applies: When in doubt, throw it out!

Perishable Foods

Refrigerator
(below 40°F)

Freezer
(at or below 0°F)

MEAT (BEEF, PORK, VEAL, LAMB)



Steaks	3 to 5 days	6 to 12 months
Chops	3 to 5 days	4 to 6 months
Roasts	3 to 5 days	6 to 9 months
Liver, variety meats	1 to 2 days	3 to 4 months
Cooked meat	3 to 4 days	2 to 3 months
Ground meat - uncooked - cooked	1 to 2 days 3 to 4 days	4 months

POULTRY (CHICKEN, TURKEY)



Poultry, whole	1 to 2 days	1 year
Poultry, pieces (breasts, thighs, wings)	1 to 2 days	9 months
Giblets	1 to 2 days	3 to 4 months
Cooked poultry	3 to 4 days	4 months
Ground poultry - uncooked - cooked	1 to 2 days 3 to 4 days	2 to 3 months 3 to 4 months

HOT DOGS, LUNCH MEAT



Hot dogs - opened - unopened	1 week 2 weeks	1 to 2 months 1 to 2 months
Lunch meat - opened - unopened	3 to 5 days 2 weeks	1 to 2 months 1 to 2 months

EGGS



Fresh, in shell	3 to 5 weeks	Do not freeze
Egg whites and yolks (raw)	2 to 4 days	1 year
Egg substitutes - opened - unopened	3 days 10 days	Does not freeze well 1 year

Note: All recommendations assume refrigerators are set below 40°F and freezers are set to 0°F

Perishable Foods

Refrigerator
(below 40°F)

Freezer
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BACON, SAUSAGE



Bacon - opened - unopened	1 week 2 weeks	1 month
Sausage (meat or poultry) - raw - pre-cooked/smoked	1 to 2 days 1 week	1 to 2 months 1 to 2 months
Summer sausage (labeled "Keep Refrigerated") - opened - unopened	3 weeks 3 months	1 to 2 months
Pepperoni, sliced	2 to 3 weeks	1 to 2 months

HAM, CORNED BEEF



Corned beef (in pouch with pickling juices)	5 to 7 days	Drained, 1 month
Fresh ham, uncooked - uncured - cured (cook-before-eating)	(if dated, follow "use-by" date) 3 to 5 days 5 to 7 days	6 months 3 to 4 months
Ham, fully cooked, store wrapped - whole - half - slices	1 week 3 to 5 days 3 to 4 days	1 to 2 months
Ham, fully cooked, vacuum sealed - undated, unopened - dated, unopened	2 weeks Use-by date	1 to 2 months
Ham, canned (labeled "Keep Refrigerated") - opened - unopened	1 week 6 to 9 months	1 to 2 months Do not freeze

DAIRY



Cheese, hard or processed - opened - unopened	3 to 4 weeks 6 months	6 months
Cheese, soft	1 week	6 months
Cottage/ricotta cheese	1 week	Do not freeze
Cream cheese	2 weeks	Do not freeze
Butter	1 to 3 months	6 to 9 months



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