

# Store It, Don't Ignore It!



Alice Henneman, MS, RD, Extension Educator  
and  
Joyce Jensen, REHS, CFSP  
Lincoln-Lancaster County Health Department



Here's some food storage information adapted from materials provided by the USDA Food Safety and Inspection Service and the FDA Center for Food Safety and Applied Nutrition.

<b>REFRIGERATOR &amp; FREEZER STORAGE CHART</b>		
<i>Adapted from the USDA Food Safety and Inspection Service and the FDA Center for Food Safety and Applied Nutrition at <a href="http://www.foodsafety.gov/~fsg/f01chart.html">www.foodsafety.gov/~fsg/f01chart.html</a></i>	<b>REFRIGERATOR (40° F / 4° C)</b> These short but safe time limits will help keep refrigerated food from spoiling or becoming dangerous.	<b>FREEZER (0° F / -18° C)</b> Because freezing keeps food safe indefinitely, the following recommended storage times are for quality only.
<b>PRODUCT</b>		
<b>Eggs</b>		
Fresh, in shell	3 to 5 weeks	Don't freeze
Hard-cooked	1 week	Doesn't freeze well
<b>Hot Dogs &amp; Luncheon Meats</b>		
Hot dogs, opened package	1 week	1 to 2 months
Luncheon meats, opened package	3 to 5 days	1 to 2 months
<b>Bacon &amp; Sausage</b>		
Bacon	7 days	1 month
Sausage, raw from chicken, turkey, pork, beef	1 to 2 days	1 to 2 months
<b>Ham</b>		
Ham, fully cooked, whole	7 days	1 to 2 months
Ham, fully cooked, half	3 to 5 days	1 to 2 months
Ham, fully cooked, slices	3 to 4 days	1 to 2 months
<b>Hamburger, Ground &amp; Stew Meat</b>		
Hamburger & stew meat	1 to 2 days	3 to 4 months
Ground turkey, veal, pork, lamb & mixtures of them	1 to 2 days	3 to 4 months



Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

University of Nebraska–Lincoln Extension's educational programs abide with the nondiscrimination policies of the University of Nebraska–Lincoln and the United States Department of Agriculture.

<b>Fresh Beef, Veal, Lamb, Pork</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
Variety meats — tongue, liver, heart, kidneys, chitterlings	1 to 2 days	3 to 4 months
Pre-stuffed, uncooked pork chops, lamb chops or chicken breast stuffed with dressing	1 day	Doesn't freeze well
<b>Meat Leftovers</b>		
Cooked meat and meat casseroles	3 to 4 days	2 to 3 months
Gravy and meat broth	1 to 2 days	2 to 3 months
<b>Fresh Poultry</b>		
Chicken or turkey, whole	1 to 2 days	1 year
Chicken or turkey, pieces	1 to 2 days	9 months
Giblets	1 to 2 days	3 to 4 months
<b>Cooked Poultry</b>		
Fried chicken	3 to 4 days	4 months
Cooked poultry casseroles	3 to 4 days	4 to 6 months
Pieces, plain	3 to 4 days	4 months
Pieces covered with broth, gravy	1 to 2 days	6 months
Chicken nuggets, patties	1 to 2 days	1 to 3 months
<b>Pizza</b>		
Pizza	3 to 4 days	1 to 2 months
<b>Stuffing</b>		
Stuffing — cooked	3 to 4 days	1 month
<b>Dairy</b>		
Butter	1 to 3 months	6 to 9 months
Cheese, hard (such as Cheddar, Swiss)	6 months, unopened; 3 to 4 weeks, opened	6 months
Cheese, soft (such as Brie, Bel Paese)	1 week	6 months
Cottage cheese, Ricotta	1 week	Doesn't freeze well
Milk	7 days	3 months
Sour Cream	7 to 21 days	Doesn't freeze well
Yogurt	7 to 14 days	1 to 2 months
<b>Fish</b>		
Lean fish (cod, flounder, haddock, sole, etc.)	1 to 2 days	6 months
Fatty fish (bluefish, mackerel, salmon, etc.)	1 to 2 days	2 to 3 months
Cooked fish	3 to 4 days	4 to 6 months
<b>Shellfish</b>		
Shrimp, scallops, crayfish, squid, shucked clams, mussels	1 to 2 days	3 to 6 months
Live clams, mussels, crab, lobster and oysters	2 to 3 days	2 to 3 months
Cooked shellfish	3 to 4 days	3 months