

Storage Tips

Freezer Storage Chart

Store the following foods at 0 °F, with adequate circulation. For optimal quality, store no longer than the times listed below. Length of time may vary depending on the quality of product stored.

IF YOU ARE STORING THIS FOOD ITEM IN THE FREEZER...	STORE NO LONGER THAN...
Dairy Products	
Butter	12 months
Cheese, hard	6-8 months
Margarine	12 months
Milk, fluid	3 months
Whipped topping, unopened plastic tub	14 months
Fruits/Juices/Vegetables	
Fruit: berries, melons, apple slices	8-12 months
Juice concentrates	12 months
Vegetables, blanched or cooked	8-12 months
Grain Products/Baked Goods	
Bread	2-3 months
Bread dough	1 month or use-by date
Cake, angel food	6-12 months
Cake, frosted	1 month
Cake, unfrosted	2-4 months
Cookie dough	3 months
Cookies	6-12 months
Muffins	6-12 months
Pancakes, waffles	1 month
Pie, fruit	6-8 months
Pie, pumpkin or chiffon	1-2 months
Pie crust, ready-to-bake	12 months

IF YOU ARE STORING THIS FOOD ITEM IN THE FREEZER...	STORE NO LONGER THAN...
Meat/Meat Alternates	
Casseroles, meat, poultry, egg	2-4 months
Chicken or turkey, cooked	4 months
Chicken nuggets	1-3 months
Chicken or turkey, parts, raw	9 months
Chicken or turkey, whole, raw	12 months
Eggs, whites, yolks, substitutes, raw	12 months
Fish, cooked	3 months
Fish, raw	3-8 months
Gravy or meat broth	2-3 months
Meat, chops, steaks, roasts, raw	4-12 months
Meat, cooked	2-3 months
Meat or poultry, ground, raw	3-4 months
Meat, ham, frankfurters, bologna	1-2 months
Meat, luncheon	1-2 months
Meat, cooked	1-2 months
Sausage, raw or cooked	1-2 months
Soups or stews	2-3 months

Storage Tips

continued

Refrigerator Storage Chart

Store the following foods at 40 °F, with adequate circulation. For optimal quality, store no longer than the times listed below.

Length of time may vary depending on the quality of product stored.

IF YOU ARE STORING THIS FOOD ITEM IN THE REFRIGERATOR...	STORE NO LONGER THAN...
Dairy Products	
Butter	1-2 weeks
Cheese, cottage or ricotta	1-2 weeks
Cheese, cream	2 weeks
Cheese, hard, unopened	1-2 months
Cheese, hard, opened	3-4 weeks
Margarine	4 to 6 months
Milk or buttermilk, fluid	7-14 days
Sour cream	1-3 weeks
Whipped topping	2-3 weeks
Yogurt	7-10 days



IF YOU ARE STORING THIS FOOD ITEM IN THE REFRIGERATOR...	STORE NO LONGER THAN...
Fruits/Juices	
Apples	1-3 weeks
Berries	1-7 days
Citrus fruits	3 weeks
Grapes	1 week
Juices, all types, opened	7-10 days
Juices, all types, unopened	3 weeks
Melons	3-7 days
Oranges	3 weeks
Peaches, apricots, nectarines	3-7 days
Pears, plums	3-4 days
Pineapple, ripe	3-5 days
Pumpkins	2-3 months
Rhubarb	2-4 weeks
Grain Products/Baked Goods	
Bread	2-3 weeks
Pies, cream or pumpkin	2-3 days
Pies, fruit	2-3 days
Rolls	2-3 weeks

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IF YOU ARE STORING THIS FOOD ITEM IN THE REFRIGERATOR...	STORE NO LONGER THAN...
Meat/Meat Alternates	
Chicken or turkey, cooked	3-4 days
Casseroles, meat, poultry, egg	3-4 days
Chicken nuggets	1-2 days
*Chicken or turkey, raw	1-2 days
Eggs, hard-cooked	1 week
Eggs, in shell, raw	3-5 weeks
Eggs, yolks, whites, substitutes, raw	2-4 days
Fish, cooked	3-4 days
*Fish, raw	1-2 days
Frankfurters, opened package	1 week
Frankfurters, sealed package	2 weeks
Gravy and meat broth	3-4 days
*Meat, chops, steaks, roasts, raw	3-5 days
Meat, cooked	3-4 days
*Meat or poultry, ground, raw	1-2 days
Meat, luncheon, store-sliced	3-5 days
Meat, luncheon, closed package	2 weeks
Meat, luncheon, opened package	3-5 days
Prepared salads: tuna, chicken, egg	3-5 days
Sausage, precooked	7 days
*Sausage, uncooked	1-2 days

*Store raw foods that must be cooked prior to serving on the refrigerator's *bottom* shelf to prevent their juices from coming into contact with other foods. Raw juices often contain harmful bacteria.

IF YOU ARE STORING THIS FOOD ITEM IN THE REFRIGERATOR...	STORE NO LONGER THAN...
Vegetables	
Beans, green or wax	3-7 days
Beets	3-5 days
Broccoli	3-5 days
Brussels sprouts	3-5 weeks
Cabbage	1-2 weeks
Carrots	4-6 weeks
Cauliflower	1 week
Celery	2 weeks
Corn on the cob	2-3 weeks
Cucumbers	1 week
Eggplant	1 week
Greens	7-14 days
Lettuce or salad greens	3-5 days
Okra	3-7 days
Parsley	1-2 months
Parsnips	2-6 months
Peas or lima beans, unshelled	3-5 days
Peppers	4-7 days
Radishes	3-4 weeks
Spinach	10-14 days
Squash, summer	4-5 days
Tomatoes, ripe	4-7 days
Miscellaneous	
Mayonnaise	2 months

Storing Vegetables and Fruits

All chilled and frozen fruits and vegetables are highly perishable.

When improperly stored, they deteriorate rapidly. For example, they will spoil rapidly if:

- temperatures are too high or too low.
- humidity levels are unfavorable.
- air circulation is inadequate.
- storage areas are unsanitary.

Food spoilage is caused by bacteria or mold. Once fruits and vegetables begin to spoil, the decay spreads rapidly. In addition to maintaining proper storage conditions, you can help prevent losses by using the oldest purchases first — in other words, by following the “First-In, First-Out” (FIFO) rule.

Tips for storing fresh fruits and vegetables

- Most fresh vegetables should be stored in the refrigerator.
- Use asparagus, beans, Brussels sprouts, greens, peas, and other fresh vegetables as quickly as possible.
- NEVER** store uncut potatoes, onions (excluding green onions), or winter squash in the refrigerator; the starch will convert to sugar. Store in a cool, dark place at 45 °F to 50 °F, just above refrigerator temperature. *If they must be stored at room temperature, use within 1 week.*
- Immediately refrigerate any fresh-cut items such as salad or fruit for best quality and food safety.
- Most fresh vegetables and fruits should be used within a few days. Some may be stored for weeks or months. It is helpful to become familiar with how long individual foods can be successfully stored. Using the “Refrigerator Storage Chart” in this section, you’ll find a list of common fresh vegetables and fruits, with acceptable storage times given for each when stored at 40 °F.

