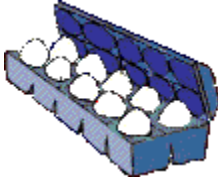



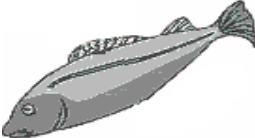






Refrigerator and Freezer Storage Chart

		Refrigerator (40°F) (4.5°C)	Freezer (0°F) (-18°C)
	Eggs		
	Fresh, in shell	4-5 weeks	Don't freeze
	Hardcooked	1 week	Doesn't freeze well
	Egg substitutes, opened	3 days	Don't freeze
	Unopened	10 days	1 year
	Dairy Products		
	Milk	1 week	3 months
	Cottage cheese	1 week	Doesn't freeze well
	Yogurt	1-2 weeks	1-2 months
	Commercial mayonnaise (refrigerate after opening)	2 months	Don't freeze
	Vegetables	Raw	Blanched/cooked
	Beans, green or waxed	3-4 days	8 months
	Carrots	2 weeks	10-12 months
	Celery	1-2 weeks	10-12 months
	Lettuce, leaf	3-7 days	Don't freeze
	Lettuce, iceberg	1-2 weeks	Don't freeze
	Spinach	1-2 days	10-12 months
	Squash, summer	4-5 days	10-12 months
	Squash, winter	2 weeks	10-12 months
Tomatoes	2-3 days	2 months	
	Deli Foods		
	Entrees, cold or hot	3-4 days	2-3 months
	Store-prepared or homemade salads	3-5 days	Don't freeze
	Hot dogs & Lunch Meats		
	Hotdogs, opened package	1 week	
	Unopened package	2 weeks	1-2 months in freezer wrap
	Lunch meats, opened	3-5 days	1-2 months
Lunch meats, unopened	2 weeks	1-2 months	
	TV Dinners/Frozen Casseroles		
	Keep frozen until ready to serve		3-4 months

		Refrigerator (40°F) (4.5°C)	Freezer (0°F) (-18°C)
	Fresh Meat		
	Beef—steaks, roasts	3-5 days	6-12 months
	Pork—chops, roasts	3-5 days	4-6 months
	Lamb—chops, roasts	3-5 days	6-9 months
	Veal—roast	3-5 days	4-6 months
	Fresh Poultry		
	Chicken or turkey, whole	1-2 days	1 year
	Chicken or turkey pieces	1-2 days	9 months
	Fresh Fish		
	Lean fish (cod, flounder, etc.)	1-2 days	6 months
	Fatty fish (salmon, etc.)	1-2 days	2-3 months
	Ham		
	Canned ham (label says “keep refrigerated”)	6-9 months	Don't freeze
	Ham, fully cooked (Half & slices)	3-5 days	1-2 months
	Bacon & Sausage		
	Bacon	1 week	1 month
	Sausage, raw (pork, beef or turkey)	1-2 days	1-2 months
	Pre-cooked smoked breakfast links/patties	1 week	1-2 months
	Leftovers		
	Cooked meat, meat dishes, egg dishes, soups, stews and vegetables	3-4 days	2-3 months
	Gravy & meat broth	1-2 days	2-3 months
	Cooked poultry and fish	3-4 days	4-6 months
	Fresh Produce		
	<ul style="list-style-type: none"> • The quality of certain perishable fresh fruits and vegetables (such as strawberries, lettuce, herbs and mushrooms) can be maintained best by storing in the refrigerator. If you are uncertain whether an item should be refrigerated to maintain quality, ask your grocer. • All produce purchased pre-cut or peeled should be refrigerated for safety as well as quality. • Produce cut or peeled at home should be refrigerated within two hours. • Any cut or peeled produce that is left at room temperature for more than two hours should be discarded 		

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