# Cold Food Storage Chart

Follow the guidelines below for storing food in the refrigerator and freezer. The short time limits for home-refrigerated foods will help keep them from spoiling or becoming dangerous to eat. The guidelines for freezer storage are for quality only—frozen foods stored continuously at 0°F (-18°C) or below can be kept indefinitely.

Looking for a specific item? Check out FoodKeeper to find storage tips for over 650 food and beverages.

| Food | Type | Refrigerator [40°F (4°C) or below] | Freezer [0°F (-18°C) or below] |
|---|---|---|---|
| Salad | Egg, chicken, ham, tuna, and macaroni salads | 3 to 4 days | Does not freeze well |
| Hot dogs | Opened package | 1 week | 1 to 2 months |
| | Unopened package | 2 weeks | 1 to 2 months |
| Luncheon meat | Opened package or deli sliced | 3 to 5 days | 1 to 2 months |
| | Unopened package | 2 weeks | 1 to 2 months |
| Bacon and sausage | Bacon | 1 week | 1 month |
| | Sausage, raw, from chicken, turkey, pork, or beef | 1 to 2 days | 1 to 2 months |
| | Sausage, fully cooked, from chicken, turkey, pork, or beef | 1 week | 1 to 2 months |
| | Sausage, purchased frozen | After cooking, 3-4 days | 1-2 months from date of purchase |
| Hamburger, ground meats and ground poultry | Hamburger, ground beef, turkey, chicken, other poultry, veal, pork, lamb, and mixtures of them | 1 to 2 days | 3 to 4 months |
| Fresh beef, veal, lamb, and pork | Steaks | 3 to 5 days | 4 to 12 months |
| | Chops | 3 to 5 days | 4 to 12 months |
| | Roasts | 3 to 5 days | 4 to 12 months |
| Ham | Fresh, uncured, uncooked | 3 to 5 days | 6 months |
| | Fresh, uncured, cooked | 3 to 4 days | 3 to 4 months |
| | Cured, cook-before-eating, uncooked | 5 to 7 days or “use by” date | 3 to 4 months |

| Food | Type | Refrigerator [40°F (4°C) or below] | Freezer [0°F (-18°C) or below] |
|---|---|---|---|
| | Fully-cooked, vacuum-sealed at plant, unopened | 2 weeks or “use by” date | 1 to 2 months |
| | Cooked, store-wrapped, whole | 1 week | 1 to 2 months |
| | Cooked, store-wrapped, slices, half, or spiral cut | 3 to 5 days | 1 to 2 months |
| | Country ham, cooked | 1 week | 1 month |
| | Canned, labeled "Keep Refrigerated," unopened | 6 to 9 months | Do not freeze |
| | Canned, shelf-stable, opened | 3 to 4 days | 1 to 2 months |
| | **Note**: An unopened, shelf-stable, canned ham can be stored at room temperature for 2 years. | | |
| | Prosciutto, Parma or Serrano ham, dry Italian or Spanish type, cut | 2 to 3 months | 1 month |
| Fresh poultry | Chicken or turkey, whole | 1 to 2 days | 1 year |
| | Chicken or turkey, pieces | 1 to 2 days | 9 months |
| Fin Fish | Fatty Fish (bluefish, catfish, mackerel, mullet, salmon, tuna, etc.) | 1 - 3 Days | 2 - 3 Months |
| | Lean Fish (cod, flounder, haddock, halibut, sole, etc.) | | 6 - 8 Months |
| | Lean Fish (pollock, ocean perch, rockfish, sea trout.) | | 4 - 8 Months |
| Shellfish | Fresh Crab Meat | 2 - 4 Days | 2 - 4 Months |
| | Fresh Lobster | 2 - 4 Days | 2 - 4 Months |
| | Live Crab, Lobster | 1 day . | Not recommended |
| | Live Clams, Mussels, Oysters, and Scallops | 5 - 10 Days | Not recommended |
| | Shrimp, Crayfish | 3 - 5 Days | 6 - 18 Months |
| | Shucked Clams, Mussels, Oysters, and Scallops | 3 - 10 Days | 3 - 4 Months |
| | Squid | 1 - 3 Days | 6 - 18 Months |
| Eggs | Raw eggs in shell | 3 to 5 weeks | Do not freeze in shell. Beat yolks and whites together, then freeze. |
| | Raw egg whites and yolks | 2 to 4 days | 12 months |

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|---|---|---|---|
| | **Note**: Yolks do not freeze well | | |
| | Raw egg accidentally frozen in shell<br><br>**Note**: Toss any frozen eggs with a broken shell | Use immediately after thawing | Keep frozen, then refrigerate to thaw |
| | Hard-cooked eggs | 1 week | Do not freeze |
| | Egg substitutes, liquid, unopened | 1 week | Do not freeze |
| | Egg substitutes, liquid, opened | 3 days | Do not freeze |
| | Egg substitutes, frozen, unopened | After thawing, 1 week or refer to “use by” date | 12 months |
| | Egg substitutes, frozen, opened | After thawing, 3 to 4 days or refer to “use by” date | Do not freeze |
| | Casseroles with eggs | After baking, 3 to 4 days | After baking, 2 to 3 months |
| | Eggnog, commercial | 3 to 5 days | 6 months |
| | Eggnog, homemade | 2 to 4 days | Do not freeze |
| | Pies: Pumpkin or pecan | After baking, 3 to 4 days | After baking, 1 to 2 months |
| | Pies: Custard and chiffon | After baking, 3 to 4 days | Do not freeze |
| | Quiche with filling | After baking, 3 to 5 days | After baking, 2 to 3 months |
| Soups and stews | Vegetable or meat added | 3 to 4 days | 2 to 3 months |
| Leftovers | Cooked meat or poultry | 3 to 4 days | 2 to 6 months |
| | Chicken nuggets or patties | 3 to 4 days | 1 to 3 months |
| | Pizza | 3 to 4 days | 1 to 2 months |

Date Last Reviewed

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