

## 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 or below can be kept indefinitely.

Food	Type	Refrigerator (40 °F or below)	Freezer (0 °F 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
Hamburger and other ground meats	Hamburger, ground beef, turkey, 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
<a href="#">Ham</a>	Fresh, uncured, uncooked	3 to 5 days	6 months
	Fresh, uncured, cooked	3 to 4 days	3 to 4 months
	Cured, cook-before-eating or uncooked	5 to 7 days or “use by” date	3 to 4 months
	Fully-cooked, vacuum-sealed at plant, unopened	“Use by” date	1 to 2 months
	Cooked, store-wrapped, whole	1 week	1 to 2 months

Food	Type	Refrigerator (40 °F or below)	Freezer (0 °F or below)
	Cooked, store-wrapped, slices, half, or spiral cut	3 to 4 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	5 to 14 days	1 to 2 months
	<b>Note:</b> An unopened, shelf-stable, canned ham can be stored at room temperature for 6-9 months.		
	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
Eggs	Raw eggs in shell	3 to 5 weeks	Do not freeze. Beat yolks and whites together, then freeze.
	Raw egg whites and yolks	2 to 4 days	12 months
	Note: yolks do not freeze well		
	Raw egg accidentally frozen in 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 cooking, 3 to 4 days or refer to "use by" date	Do not freeze
	Casseroles with eggs	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	3 to 4 days	After baking, 1 to 2 months
	Pies: Custard and chiffon	3 to 4 days	Do not freeze
	Quiche with filling	3 to 5 days	After baking, 2 to 3 months
Soups & Stews	Vegetable or meat added	3 to 4 days	2 to 3 months

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Food	Type	Refrigerator (40 °F or below)	Freezer (0 °F or below)
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

April 12, 2019