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

Food	Type	Refrigerator [40°F (4°C) or below]	Freezer [0°F (-18°C) or below]
	Note: Yolks do not freeze well		
	Raw egg accidentally frozen in shell **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

September 19, 2023