

# Food Storage Chart - Food Storage Guidelines

## Shelf Life of Food - Refrigerator & Freezer Storage Chart

| Food Item                                       | Room Temperature (70° F)                                                      | Refrigerator (37° to 40° F)                             | Freezer (0 °F) | Comments                                                                                     |
|-------------------------------------------------|-------------------------------------------------------------------------------|---------------------------------------------------------|----------------|----------------------------------------------------------------------------------------------|
| <b>Breads</b>                                   |                                                                               |                                                         |                |                                                                                              |
| <b>Dough</b>                                    |                                                                               |                                                         |                |                                                                                              |
| Tube cans of rolls, biscuits, pizza dough, etc. |                                                                               | Use-by-date                                             | Don't freeze   |                                                                                              |
| Ready-to-bake pie crust                         |                                                                               | Use-by-date                                             | 2 months       |                                                                                              |
| Cookie dough                                    |                                                                               | Use-by-date unopened or opened                          | 2 months       |                                                                                              |
| <b>Breads</b>                                   |                                                                               |                                                         |                |                                                                                              |
|                                                 | Room Temperature (70° F)                                                      | Refrigerator (37° to 40° F)                             | Freezer (0 °F) | Comments                                                                                     |
| Breads, fresh                                   | Store at room temperature. Use the date as a guide or use within 3 to 5 days. | Storing in the refrigerator promotes staling.           | 3 months       | Over wrap well to prevent drying out; thaw at room temperature                               |
| Bread and rolls, unbaked dough                  |                                                                               | 1 to 2 days                                             | 2 months       | Sometimes dough doesn't rise as well if frozen                                               |
| Muffins, rolls, quick breads                    |                                                                               | 3 days                                                  | 1 to 2 months  | Wrap individually, pack in rigid containers to prevent crushing                              |
| Pancakes and waffles                            |                                                                               | 2 days                                                  | 1 to 2 months  | Freeze with waxed paper between each two. Heat without thawing in a toaster or under broiler |
| Pastries, Danish, Doughnuts                     |                                                                               | Store at room temperature. Best used within 1 to 3 days | 3 months       |                                                                                              |
| Tortillas, corn or flour                        |                                                                               | 1 week                                                  | 3 months       | Wrap well                                                                                    |

## Baked Goods

### Cakes

|                           | Room<br>Temperature<br>(70° F) | Refrigerator<br>(37° to 40° F)                          | Freezer<br>(0 °F) | Comments                                                                  |
|---------------------------|--------------------------------|---------------------------------------------------------|-------------------|---------------------------------------------------------------------------|
| Angel food & sponge cakes |                                | 3 days                                                  | 4 to 6 months     | Wrap well                                                                 |
| Cheesecake                |                                | 3 to 7 days                                             | 4 to 6 months     | Wrap well                                                                 |
| Fruit cakes               |                                |                                                         | 1 year            | Wrap well                                                                 |
| Layer cakes               |                                | Store at room temperature. Best used within 3 to 7 days | 2 to 4 months     | Wrap well. Butter frosting freezes well, fluffy egg white frostings don't |

### Cookies

|                        |  |             |               |                                                                                                                          |
|------------------------|--|-------------|---------------|--------------------------------------------------------------------------------------------------------------------------|
| Cookies, baked         |  |             | 4 to 6 months | Pack in airtight container                                                                                               |
| Cookies, unbaked dough |  | 2 to 3 days | 6 months      | Form refrigerator dough cookies in rolls; wrap tightly, thaw in refrigerator before slicing or dropping on cookie sheets |

### Pies

|                                |  |             |               |                                                                                                                                                      |
|--------------------------------|--|-------------|---------------|------------------------------------------------------------------------------------------------------------------------------------------------------|
| Chiffon pie, Pumpkin pie       |  | 1 to 2 days | 1 month       |                                                                                                                                                      |
| Fruit pies, baked              |  | 1 to 2 days | 1 year        | Wrap well; thaw at room temperature; heat in 350 degree F. oven about 15 minutes                                                                     |
| Fruit pies, unbaked            |  |             | 8 months      | Cut holes in upper crust to vent; bake unthawed                                                                                                      |
| Pies, starch-thickened custard |  | 1 to 2 days | Do not freeze | Fillings become watery and lumpy and pastry becomes soggy                                                                                            |
| Pies, nut, baked               |  | 4 to 5 days | 6 months      | Wrap well                                                                                                                                            |
| Pie shells, unbaked            |  | 1 day       | 2 months      | Fit in pie pans; prick crusts. Stack pie pans with 2 layers freezer paper between. Place in freezer bags. Either bake frozen or thaw in refrigerator |

## Dairy & Eggs

### Dairy

|                                        | Room<br>Temperature<br>(70° F) | Refrigerator<br>(37° to 40° F)             | Freezer<br>(0 °F)   | Comments                                                                                                                                                     |
|----------------------------------------|--------------------------------|--------------------------------------------|---------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Butter                                 |                                | 1 to 3 months                              | 6 to 9 months       | Leave in original wrapping; overwrap well                                                                                                                    |
| Buttermilk                             |                                | 7 to 14 days                               | Do not freeze       | Texture changes                                                                                                                                              |
| Canned Milk, opened                    |                                | 3 to 5 days                                |                     | N/A                                                                                                                                                          |
| Cheese, Hard (such as Cheddar, Swiss)  |                                | 6 months, unopened<br>3 to 4 weeks, opened | 6 months            | Best used in cooking; will crumble when sliced; thaw in refrigerator to minimize crumbling                                                                   |
| Cheese, parmesan, grated               |                                |                                            | 1 to 2 months       | Repackage in freezer bags                                                                                                                                    |
| Cheese Soft (such as Brie, Bel Paese)  |                                | 1 week                                     | 6 months            | Texture can change                                                                                                                                           |
| Cottage Cheese, Ricotta                |                                | 1 week                                     | Doesn't freeze well | Separates, becomes grainy                                                                                                                                    |
| Cream Cheese                           |                                | 2 weeks                                    | Doesn't freeze well | Can be mixed with other ingredients and frozen; by itself becomes crumbly                                                                                    |
| Cream--Whipped, ultra-pasteurized      |                                | 1 month                                    | Doesn't freeze      |                                                                                                                                                              |
| Cream--Whipped, Sweetened              |                                | 1 day                                      | 1 to 2 months       | Freeze small mounds of lightly sweetened whipped cream on cookie sheet; then repackage so the mounds won't be crushed; thaw in refrigerator or serve frozen. |
| Cream--Aerosol can, real whipped cream |                                | 3 to 4 weeks                               | Doesn't freeze      |                                                                                                                                                              |
| Cream--Aerosol can, non dairy topping  |                                | 3 months                                   | Doesn't freeze      |                                                                                                                                                              |

|                               |                                 |                                    |                       |                                                                                                                                                                  |
|-------------------------------|---------------------------------|------------------------------------|-----------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Cream, Half and Half          |                                 | 3 to 4 days                        | 4 months              | Texture changes                                                                                                                                                  |
| Eggnog, commercial            |                                 | 3 to 5 days                        | 6 months              |                                                                                                                                                                  |
| Ice Creams, Sorbets           |                                 | Can't Refrigerate                  | 1 to 2 months         | Overwrap to prevent ice crystals, freezer burn                                                                                                                   |
| Margarine, Spread substitutes |                                 | 4 to 5 months                      | 12 months             | Leave in original wrapping; overwrap well                                                                                                                        |
| Milk                          |                                 | 7 days                             | 1 month               | Allow room for expansion in freezer container; thaw in refrigerator. Freezing affects flavor and appearance; use in cooking and baking.                          |
| Pudding                       |                                 | package date; 2 days after opening | Doesn't freeze        | Can separate                                                                                                                                                     |
| Sour cream                    |                                 | 7 to 21 days                       | Doesn't freeze        | Separates when thawed                                                                                                                                            |
| Whipped Butter and Margarine  |                                 |                                    | Doesn't freeze        | Emulsion will break and product will separate.                                                                                                                   |
| Yogurt                        |                                 | 7 to 14 days                       | 1 to 2 months         | Texture changes                                                                                                                                                  |
| <b>Eggs</b>                   |                                 |                                    |                       |                                                                                                                                                                  |
|                               | <b>Room Temperature (70° F)</b> | <b>Refrigerator (37° to 40° F)</b> | <b>Freezer (0 °F)</b> | <b>Comments</b>                                                                                                                                                  |
| Fresh, in shell               |                                 | 3 to 5 weeks                       | Don't freeze          | Shells break; eggs lose quality                                                                                                                                  |
| Raw whites                    |                                 | 2 to 4 days                        | 1 year                | Gently stir whites together; freeze in ice cube trays; remove blocks to plastic freezer bag when solid. Each contains about 2 tablespoons. 1 cube - 1 egg white. |
| Raw yolks                     |                                 | 1 week                             | Don't freeze well     | Yolks can clump                                                                                                                                                  |
| Hard cooked eggs              |                                 | 1 week                             | Don't freeze well     | Whites become rubbery; water separates                                                                                                                           |

|                                                           |                                     |                                                    |                                                                       |                                                                              |
|-----------------------------------------------------------|-------------------------------------|----------------------------------------------------|-----------------------------------------------------------------------|------------------------------------------------------------------------------|
| Liquid pasteurized eggs, egg substitutes, opened unopened |                                     | 3 days<br>10 days                                  | Doesn't freeze well<br>1 year                                         | If opened, read label instructions regarding freezing<br>Freeze if unopened. |
| Mayonnaise, commercial, refrigerate after opening         |                                     | 2 months                                           | Doesn't freeze                                                        |                                                                              |
| <b>Fruits</b>                                             |                                     |                                                    |                                                                       |                                                                              |
| <b>Fruit, Fresh</b>                                       |                                     |                                                    |                                                                       |                                                                              |
|                                                           | <b>Room Temperature<br/>(70° F)</b> | <b>Refrigerator<br/>(37° to 40° F)</b>             | <b>Freezer<br/>(0 °F)</b>                                             | <b>Comments</b>                                                              |
| Commercially Frozen                                       |                                     |                                                    | 1 year                                                                |                                                                              |
| Canned Fruits                                             |                                     | unopened - 12 to 24 months<br>opened - 2 to 3 days | opened - 1 to 2 months                                                | Do not store in opened can. Store in airtight container.                     |
| Dried fruits<br>cooked<br>uncooked                        |                                     | 3 to 5 days<br>6 months                            | 4 to 6 months<br>12 months                                            |                                                                              |
| Apples                                                    |                                     | 3 to 5 months                                      |                                                                       |                                                                              |
| Apricots, grapes, nectarines, peaches, pears, plums       |                                     | 3 to 5 days                                        | 6 months                                                              | See preserving instructions for individual fruits                            |
| Avocados                                                  | 2 to 3 days after ripened           | 5 to 10 days                                       |                                                                       |                                                                              |
| Bananas                                                   | Store at room temperature           |                                                    |                                                                       | Freeze whole in skin or peel and mash; great in breads and cakes             |
| Berries, cherries                                         |                                     | 2 to 3 days                                        | Freeze individually on cookie sheets; repackage in heavy plastic bags |                                                                              |
| Cranberries                                               |                                     | 3 to 4 weeks                                       |                                                                       | 8 to 12 months                                                               |
| Grapefruit                                                | 7 days                              | 2 weeks                                            | 4 to 6 months                                                         | Wrap cut surfaces to prevent loss of Vitamin C.                              |

|                                                                       |                                                                   |                                         |                                |                                                             |
|-----------------------------------------------------------------------|-------------------------------------------------------------------|-----------------------------------------|--------------------------------|-------------------------------------------------------------|
| Grapes                                                                |                                                                   | 1 to 2 weeks                            |                                |                                                             |
| Guavas, papayas                                                       |                                                                   | 1 to 2 days                             |                                |                                                             |
| Kiwi Fruit                                                            | 3 to 5 days after ripening                                        | 4 to 6 months if unripe.                |                                |                                                             |
| Lemons                                                                | 1 week                                                            | 2 to 5 weeks                            |                                |                                                             |
| Limes                                                                 | 1 week                                                            | 2 to 5 weeks                            |                                |                                                             |
| Melons                                                                |                                                                   | 1 week                                  | 8 to 12 months                 | Wrap cut surfaces to prevent Vitamin C loss, control odors. |
| Oranges                                                               | 3 to 4 days                                                       | 5 to 6 weeks                            |                                |                                                             |
| Peaches                                                               | Ripen at room temperature                                         | 2 to 3 days                             |                                |                                                             |
| Pineapple                                                             | 1 to 2 days                                                       | 3 to 5 days                             |                                |                                                             |
| Tangerines                                                            | 2 to 3 days                                                       | 1 week                                  |                                |                                                             |
| Watermelon                                                            | Uncut watermelon can be stored at room temperature for a few days | 6 to 8 days                             |                                |                                                             |
| <b>Fruit Beverages</b>                                                |                                                                   |                                         |                                |                                                             |
| Juices in cartons, fruit drinks, punch                                |                                                                   | 3 weeks unopened<br>7 to 10 days opened | 8 to 12 months                 |                                                             |
| <b>Meats</b>                                                          |                                                                   |                                         |                                |                                                             |
| <b>Deli &amp; Vacuum-Packed Products</b>                              |                                                                   |                                         |                                |                                                             |
|                                                                       | <b>Room Temperature<br/>(70° F)</b>                               | <b>Refrigerator<br/>(37° to 40° F)</b>  | <b>Freezer<br/>(0 °F)</b>      | <b>Comments</b>                                             |
| Store-prepared (or homemade) egg, chicken, ham, tuna, macaroni salads |                                                                   | 3 to 5 days                             | Doesn't freeze well            |                                                             |
| <b>Hot dogs &amp; Luncheon Meats</b>                                  |                                                                   |                                         |                                |                                                             |
| Hot dogs,<br>opened package<br>unopened package                       |                                                                   | 1 week<br>2 weeks                       | 1 to 2 months<br>1 to 2 months | Changes texture, flavor<br>Changes texture, flavor          |

|                                                                   |  |                              |                                 |                                                                                    |
|-------------------------------------------------------------------|--|------------------------------|---------------------------------|------------------------------------------------------------------------------------|
| Luncheon meats<br>opened package<br>unopened package              |  | 3 to 5 days<br>2 weeks       | 1 to 2 months<br>1 to 2 months  | These lose flavor quickly; wrap tightly<br>These lose flavor quickly; wrap tightly |
| <b>Bacon &amp; Sausage</b>                                        |  |                              |                                 |                                                                                    |
| Bacon and pancetta                                                |  | 7 days                       | 1 month                         | Leave unopened in original wrapping; over wrap well                                |
| Sausage, fresh; raw from chicken, turkey, pork, beef              |  | 1 to 2 days                  | 1 to 2 months                   | Over wrap packages well                                                            |
| Smoked breakfast links, patties                                   |  | 7 days                       | 1 to 2 months                   | Over wrap packages well                                                            |
| Hard sausage--pepperoni, jerky sticks                             |  | 2 to 3 weeks                 | 1 to 2 months                   | Keep in original packaging; over wrap well                                         |
| Summer sausage--labeled "Keep Refrigerated"<br>opened<br>unopened |  | 3 weeks<br>3 months          | 1 to 2 months<br>1 to 2 months  |                                                                                    |
| <b>Ham, Corned Beef</b>                                           |  |                              |                                 |                                                                                    |
| Corned beef, in pouch with pickling juices                        |  | 5 to 7 days                  | Drained, 1 month                |                                                                                    |
| Ham, canned--labeled "Keep Refrigerated"<br>opened<br>unopened    |  | 3 to 5 days<br>6 to 9 months | 1 to 2 months<br>Doesn't freeze |                                                                                    |
| Ham, fully cooked vacuum sealed at plant, undated, unopened       |  | 2 weeks                      | 1 to 2 months                   |                                                                                    |
| Ham, fully cooked vacuum sealed at plant, dated, unopened         |  | "use by" date on package     | 1 to 2 months                   |                                                                                    |
| Ham, fully cooked, whole                                          |  | 7 days                       | 1 to 2 months                   |                                                                                    |
| Ham, fully cooked, half                                           |  | 3 to 5 days                  | 1 to 2 months                   |                                                                                    |
| Ham, fully cooked, slices                                         |  | 3 to 4 days                  | 1 to 2 months                   |                                                                                    |

**Hamburger, Ground**

|                                                    |  |             |               |                                                                                                              |
|----------------------------------------------------|--|-------------|---------------|--------------------------------------------------------------------------------------------------------------|
| Hamburger, ground beef                             |  | 1 to 2 days | 3 to 4 months | Remove from supermarket wrapping; wrap well in freezer plastic wrap; over wrap with heavy-duty aluminum foil |
| Ground turkey, veal, pork, lamb & mixtures of them |  | 1 to 2 days | 3 to 4 months | Remove from supermarket wrapping; wrap well in freezer plastic wrap; over wrap with heavy-duty aluminum foil |

**Fresh Beef, Veal, Lamb, Pork**

|                                                                                       |  |             |                   |                                                  |
|---------------------------------------------------------------------------------------|--|-------------|-------------------|--------------------------------------------------|
| Steaks                                                                                |  | 3 to 5 days | 6 to 12 months    | Wrap pieces individually, then over wrap tightly |
| Chops                                                                                 |  | 3 to 5 days | 4 to 6 months     | Wrap pieces individually, then over wrap tightly |
| Roasts                                                                                |  | 3 to 5 days | 4 to 12 months    | Wrap pieces individually, then over wrap tightly |
| Variety meats-- tongue, liver, heart, kidneys, chitterlings                           |  | 1 to 2 days | 3 to 4 months     |                                                  |
| Pre-stuffed, uncooked pork chops, lamb chops, or chicken breast stuffed with dressing |  | 1 day       | Don't freeze well |                                                  |

**Soup & Stews**

|                                               |  |             |               |                                                                                               |
|-----------------------------------------------|--|-------------|---------------|-----------------------------------------------------------------------------------------------|
| Chili                                         |  |             | 4 to 6 months | All-meat chili freeze better than those containing beans, which can break down & become mushy |
| Soups, broth-based                            |  | 3 to 4 days | 4 months      | Freeze in usable amounts or individual servings                                               |
| Soups, cream-based, such as chowders, bisques |  | 2 days      | Do not freeze | Can curdle and separate                                                                       |

|                                                |  |             |               |                                                                        |
|------------------------------------------------|--|-------------|---------------|------------------------------------------------------------------------|
| Stock                                          |  | 3 to 4 days | 4 to 6 months | Freeze in usable amounts                                               |
| Stews                                          |  | 3 to 4 days | 4 to 6 months | Freeze in usable amounts                                               |
|                                                |  |             |               |                                                                        |
| <b>Meat Leftovers</b>                          |  |             |               |                                                                        |
| Cooked meat and meat casseroles                |  | 3 to 4 days | 2 to 3 months |                                                                        |
| Gravy and meat broth                           |  | 1 to 2 days | 2 to 3 months |                                                                        |
| <b>Fresh Poultry</b>                           |  |             |               |                                                                        |
| Chicken, turkey, or duck, whole                |  | 1 to 2 days | 1 year        | Keep in original packaging                                             |
| Chicken or turkey, pieces                      |  | 1 to 2 days | 9 months      | Over wrap well                                                         |
| Giblets                                        |  | 1 to 2 days | 3 to 4 months |                                                                        |
| <b>Cooked Poultry</b>                          |  |             |               |                                                                        |
| Fried chicken                                  |  | 3 to 4 days | 4 months      |                                                                        |
| Cooked poultry casseroles                      |  | 3 to 4 days | 4 to 6 months |                                                                        |
| Pieces, plain                                  |  | 3 to 4 days | 4 months      | Best frozen in stock, used in soups, casseroles                        |
| Pieces covered with broth, gravy               |  | 1 to 2 days | 6 months      |                                                                        |
| Chicken nuggets, patties                       |  | 1 to 2 days | 1 to 3 months |                                                                        |
| <b>Pizza</b>                                   |  |             |               |                                                                        |
| Pizza                                          |  | 3 to 4 days | 1 to 2 months |                                                                        |
| <b>Stuffing</b>                                |  |             |               |                                                                        |
| Stuffing, cooked                               |  | 3 to 4 days | 1 month       |                                                                        |
| <b>Seafood and Fish</b>                        |  |             |               |                                                                        |
| <b>Fish</b>                                    |  |             |               |                                                                        |
| Lean fish (cod, flounder, haddock, sole, etc.) |  | 1 to 2 days | 6 months      | remove from light supermarket wrap; wrap well or use ice method below. |

|                                                                 |  |                                         |                                  |                                                                                                                                                                  |
|-----------------------------------------------------------------|--|-----------------------------------------|----------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Fatty fish<br>(salmon, bluefish,<br>mackerel, salmon,<br>etc.)  |  | 1 to 2 days                             | 2 to 3<br>months                 | Place on cookie sheet,<br>loosely covered with<br>foil. Freeze. Dip in<br>water several times;<br>freeze to form thin ice<br>glaze; wrap well; over<br>wrap well |
| Cooked fish                                                     |  | 3 to 4 days                             | 4 to 6<br>months                 | Texture becomes<br>mushy                                                                                                                                         |
| Smoked fish                                                     |  | 14 days or date<br>on vacuum<br>package | 2 months<br>in vacuum<br>package | Vacuum package                                                                                                                                                   |
| <b>Shellfish</b>                                                |  |                                         |                                  |                                                                                                                                                                  |
| Clams, oysters,<br>scallops; live                               |  |                                         | 7 to 10<br>days                  | Remove from shells;<br>freeze in their own<br>liquid in airtight plastic<br>freezer bags or<br>containers; raw<br>scallops easily become<br>rubbery              |
| Cooked shellfish                                                |  | 3 to 4 days                             | 3 months                         |                                                                                                                                                                  |
| Crab, cooked                                                    |  | 1 to 2 days                             | 2 months                         | If in shell, leave in<br>shell; dip in water and<br>freeze to form thin ice<br>glaze to prevent drying<br>out and becoming<br>stringy; then<br>repackage         |
| Fish Sticks                                                     |  |                                         | 18 months                        |                                                                                                                                                                  |
| Lobster tails, raw                                              |  |                                         | 3 months                         | Over wrap original<br>wrapping well                                                                                                                              |
| Lobster & Crab,<br>live                                         |  | same day<br>purchased                   |                                  |                                                                                                                                                                  |
| Shrimp, crayfish,<br>squid, shucked<br>clams, & mussels;<br>raw |  | 1 to 2 days                             | 3 to 6<br>months                 | Dip in water, freeze, to<br>form ice glaze; place in<br>freezer plastic bags                                                                                     |
| Shrimp, cooked                                                  |  |                                         | Don't<br>freeze                  | Texture becomes<br>mushy                                                                                                                                         |
| Shrimp, breaded,<br>commercial                                  |  |                                         |                                  | 1 year                                                                                                                                                           |
|                                                                 |  |                                         |                                  |                                                                                                                                                                  |

### Staples or Pantry Items

| Staples or Pantry Items    | Room Temperature (70° F)                          | Refrigerator (37° to 40° F) | Freezer (0 °F) | Comments                                                                                             |
|----------------------------|---------------------------------------------------|-----------------------------|----------------|------------------------------------------------------------------------------------------------------|
| Baby Food, canned          | unopened - 12 months<br>opened - 2 days           |                             |                |                                                                                                      |
| Baking Powder              | unopened - 18 months<br>opened - 6 months         |                             |                | Keep dry and covered.                                                                                |
| Baking Soda                | unopened - 2 years<br>opened - 6 months           |                             |                | Keep dry and covered.                                                                                |
| Biscuit Mix                | 12 to 18 months                                   |                             |                |                                                                                                      |
| Bouillon Cubes or Granules | 2 years                                           |                             |                | Keep dry and covered.                                                                                |
| Brownie Mix                | 9 to 12 months                                    |                             |                |                                                                                                      |
| Cake Mix                   | 9 to 12 months                                    |                             |                |                                                                                                      |
| Candies                    |                                                   | 2 to 4 months               | 6 months       | Chocolate-coated varieties may develop white bloom on outside from temperature; thaw in refrigerator |
| Catsup, Chili Sauce        | unopened - 12 months<br>opened 1 month            |                             |                | Refrigerate for longer storage                                                                       |
| Cereals, ready-to-eat      | 6 to 12 months (opened & unopened)                |                             |                | Refold package liner tightly after opening                                                           |
| Chocolate                  | semi-sweet - 18 months<br>unsweetened - 18 months |                             |                | Keep in a cool place                                                                                 |
| Chocolate Syrup            | unopened - 2 years                                | opened - 6 months           |                | Cover tightly and refrigerate after opening                                                          |
| Cocoa Mixes                | unopened - 8 months<br>opened - 3 to 6 months     |                             |                | Cover tightly                                                                                        |
| Cocoa, Baking              | 24 months                                         |                             |                |                                                                                                      |

|                                        |                                           |                   |          |                                                                                                                                                                  |
|----------------------------------------|-------------------------------------------|-------------------|----------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Coconut, shredded (canned or packaged) | unopened - 1 year                         | opened - 6 months |          | Refrigerate after opening                                                                                                                                        |
| Coffee, cans                           | unopened - 2 years                        |                   |          | Storing coffee at room temperature is the most convenient method of storage. It works well for coffee that will be consumed within one to two weeks of purchase. |
| Coffee, instant                        | unopened - 1 to 2 years                   |                   |          |                                                                                                                                                                  |
| Coffee, whole bans                     | opened - 2 months<br>1 to 2 weeks         |                   |          |                                                                                                                                                                  |
| Cornmeal                               | 12 months                                 |                   |          | Keep tightly closed                                                                                                                                              |
| Cornstarch                             | Indefinite                                |                   |          | Keep tightly closed                                                                                                                                              |
| Crackers                               | 6 months                                  |                   | 3 months | Freeze "sleeves" in heavy plastic bags                                                                                                                           |
| Flour, white                           | 6 to 8 months                             | 6 to 8 months     | 1 year   | Store in refrigerator                                                                                                                                            |
| Flour, whole wheat                     |                                           |                   |          |                                                                                                                                                                  |
| Flour, bread                           | 6 to 8 months                             |                   | 1 year   |                                                                                                                                                                  |
| Gelatin, all types                     | 18 months                                 |                   |          | Keep in original containers                                                                                                                                      |
| Grits                                  | 12 months                                 |                   |          | Store in airtight container                                                                                                                                      |
| Herbs                                  | 6 months                                  |                   |          |                                                                                                                                                                  |
| Honey                                  | 12 months                                 |                   |          | Cover tightly. If crystallizes, warm jar in pan of hot water                                                                                                     |
| Jelly, Jam & Preserves                 | unopened - 12 months                      | opened - 6 months |          | Refrigerate after opening                                                                                                                                        |
| Molasses                               | unopened - 12 months<br>opened - 6 months |                   |          | Keep tightly closed. Refrigerate to extend storage life.                                                                                                         |
| Marshmallow Cream                      | unopened - 3 to 4 months                  |                   |          |                                                                                                                                                                  |
| Marshmallows                           | 2 to 3 months                             |                   |          | Keep in airtight container                                                                                                                                       |

|                                                  |                                                    |                        |         |                                                                    |
|--------------------------------------------------|----------------------------------------------------|------------------------|---------|--------------------------------------------------------------------|
| Mayonnaise                                       | unopened - 2 to 3 months                           | opened - 2 to 3 months |         | Refrigerate after opening                                          |
| Mustard, prepared yellow                         | unopened - 2 years<br>opened 6 to 8 months         |                        |         | May be refrigerated. Stir before using.                            |
| Nuts (Nuts; hazelnuts, walnut, pecans), in shell | 4 months                                           | 1 year                 | 2 years | Refrigerate after shelling. Freeze for longer storage.             |
| Nuts, vacuum can                                 | 3 months                                           |                        |         |                                                                    |
| Milk (condensed or evaporated, canned)           | 12 months +                                        |                        |         | Invert cans every 2 months                                         |
| Milk, non-fat dry                                | unopened - 6 months<br>opened - 3 months           |                        |         | Store in airtight container                                        |
| Olives, bottled or canned                        | 1 year                                             |                        |         |                                                                    |
| Pancake Mixes                                    | 6 to 9 months                                      |                        |         |                                                                    |
| Pasta (dry spaghetti, macaroni, etc.)            | 2 years                                            |                        |         | Once opened, store in airtight container                           |
| Peanut Butter                                    | unopened - 6 to 9 months<br>opened - 2 to 3 months |                        |         | Refrigeration not necessary, but will keep longer if refrigerated. |
| Pectin, liquid                                   | opened - 1 month                                   |                        |         |                                                                    |
| Pickles                                          | unopened - 1 to 2 years                            |                        |         |                                                                    |
| Pie Crust Mix                                    | unopened - 8 months                                |                        |         |                                                                    |
| Popcorn                                          | 1 to 2 years                                       |                        |         | Keep in airtight container                                         |
| Potatoes, Instant                                | 6 to 12 months                                     |                        |         |                                                                    |
| Pudding Mixes                                    | 12 months                                          |                        |         |                                                                    |
| Rice, white                                      | 2 years +                                          |                        |         |                                                                    |
| Rice, flavored or herb                           | 6 months                                           |                        |         | Keep tightly closed                                                |

|                                  |                                                 |         |              |                                                          |
|----------------------------------|-------------------------------------------------|---------|--------------|----------------------------------------------------------|
| Salad Dressings, bottled         | Unopened- 10-12 months<br>Opened-3 mos.         |         |              | Refrigerate after opening                                |
| Salad Oils (corn, canola)        | 18 months                                       |         |              |                                                          |
| Olive Oil                        | 24 months                                       |         |              |                                                          |
| Sauces & Gravy Mixes             | 6 to 12 months                                  |         |              |                                                          |
| Shortening                       | unopened - 18 months<br>opened - 6 to 8 months  |         |              |                                                          |
| Spices, whole                    | 1 to 2 years                                    |         |              | Store in airtight container in a dry place.              |
| Spices, ground                   | 6 months                                        |         |              |                                                          |
| Sugar, granulated                | 2 years +<br>4 months<br>18 months<br>2 years + |         |              | Put in airtight container and cover tightly              |
| Sugar, brown                     |                                                 |         |              |                                                          |
| Sugar, confectioners or powdered |                                                 |         |              |                                                          |
| Sugar, sweeteners                |                                                 |         |              |                                                          |
| Syrups                           | 12 months                                       |         |              | Keep tightly closed. Refrigerate to extend storage life. |
| Tea, bags                        | 18 months                                       |         |              | Store in airtight container                              |
| Tea, instant                     | 3 years                                         |         |              |                                                          |
| Tea, loose                       | 2 years                                         |         |              |                                                          |
| Tofu                             |                                                 | 1 week  | 5 months     | Change storage water every day or two after opening.     |
| Vanilla Extract                  | unopened - 2 years<br>opened 12 months          |         |              | Keep tightly closed                                      |
| Vinegar                          | unopened - 2 years +<br>opened - 12 months      |         |              | Keep tightly closed                                      |
| Yeast, dry or frozen compressed  |                                                 | 6 weeks | 1 to 2 years |                                                          |

| Vegetables                                            |                          |                                 |                |                                                                             |
|-------------------------------------------------------|--------------------------|---------------------------------|----------------|-----------------------------------------------------------------------------|
| Vegetables                                            | Room Temperature (70° F) | Refrigerator (37° to 40° F)     | Freezer (0 °F) | Comments                                                                    |
| Commercially Frozen                                   |                          |                                 | 1 year         | Store in original package                                                   |
| Canned Vegetables                                     |                          | opened - 3 days                 |                | Do not store in the opened can. Store in airtight container.                |
| Artichokes                                            |                          | 1 week                          |                |                                                                             |
| Asparagus                                             |                          | 3 to 5 days                     | 8 to 12 months |                                                                             |
| Beets, carrots                                        |                          | 2 weeks                         | 8 to 12 months |                                                                             |
| Beans, broccoli, lima beans, peas, summer squash      |                          | 3 to 6 days                     | 8 to 12 months |                                                                             |
| Bell Peppers                                          |                          | 1 to 2 weeks                    | 3 to 4 months  | Freeze raw, slice in strips or dice                                         |
| Cabbage                                               |                          | 1 week                          | Do not freeze  | Too watery to freeze well                                                   |
| Cauliflower                                           |                          | 1 week                          | 8 to 12 months |                                                                             |
| Celery, chilies                                       |                          | 1 week                          | 8 to 12 months |                                                                             |
| Corn                                                  |                          | Use immediately for best flavor | 8 to 12 months |                                                                             |
| Green onions                                          |                          | 3 to 5 days                     | Do not freeze  | Become limp                                                                 |
| Greens: collards, kale, mustard, spinach, Swiss chard |                          | 3 to 5 days                     | 8 to 12 months |                                                                             |
| Green beans                                           |                          | 1 week                          | 8 to 12 months |                                                                             |
| Lettuce and salad greens                              |                          | 1 week                          | Do not freeze  | Too watery; becomes limp                                                    |
| Mushrooms                                             |                          | 1 to 2 days                     | 8 to 12 months | Slice thinly and saute first, otherwise they become rubbery and lose flavor |

|              |               |         |               |                                                                               |
|--------------|---------------|---------|---------------|-------------------------------------------------------------------------------|
| Radishes     |               | 2 weeks |               |                                                                               |
| Squash, hard | 3 to 6 months |         |               |                                                                               |
| Tomatoes     |               |         | 3 to 4 months | Cut in wedges, freeze in usable portions in freezer bags. Use in cook dishes. |
|              |               |         |               |                                                                               |

Storage does not improve the quality of any food. The quality of a food will also not decrease significantly during storage as long as the food is stored properly and used within the recommended time frame.

Maintaining a food's quality depends on several factors: the quality of the raw product; the procedures used during processing; the way the food is stored; and the length of storage. The recommended storage time takes these factors into consideration.

Since bacteria frequently get into food through careless food handling, keep everything — hands, refrigerator, freezer and storage containers — clean.

These short but safe time limits will help keep refrigerated foods from spoiling or becoming dangerous to eat. Because freezing keeps food safe indefinitely, recommended storage times are for quality only. Storage times are from date of purchase unless specified on chart. It is not important if a date expires after food is frozen.

Sources: Clemson University Cooperative Extension Service and Oregonian FOODday.