

## Fridge and freezer storage

The following recommended refrigeration times are for safety, and the freezing times are for quality. If you store properly wrapped food in your freezer the quality may be maintained for longer periods of time.

Food	Fridge and freezer storage	
	Refrigerator at 4 °C (40 °F) or lower	Freezer at - 18 °C (0 °F) or lower
<b>Fresh meat</b>		
Beef	2-4 days	10 - 12 months
Pork	2-4 days	8 - 12 months
Lamb	2-4 days	8 - 12 months
Veal	3-4 days	8 - 12 months
<u>Ground meat</u>	1-2 days	2 - 3 months
<b>Fresh poultry</b>		
<u>Chicken/Turkey</u> - whole	2-3 days	1 year
Chicken/Turkey - pieces	2-3 days	6 months
<b>Fresh fish</b>		
Lean fish - cod, flounder etc.	3-4 days	6 months
Fatty fish - salmon etc.	3-4 days	2 months
<u>Shellfish</u> - clams, crab, lobster etc.	12-24 hours	2-4 months
Scallops, shrimp, cooked shellfish	1-2 days	2-4 months
<b>Ham</b>		
Canned ham	6-9 months	Don't freeze
Cooked ham	3-4 days	2-3 months
<b>Bacon and sausages</b>		
Bacon	1 week	1 month
Raw sausage	1-2 days	1-2 months
Pre-cooked sausage links or patties	1 week	1-2 months
<b>Hot dogs</b>		
Un-opened hotdogs	2 weeks	1-2 months
Opened hotdogs	1 week	1-2 months
<b>Lunch meat and deli food</b>		
Un-opened lunch meat	2 weeks	1-2 months
Opened lunch meat	3-5 days	1-2 months

Deli packaged lunch meat	3-4 days	2-3 months
Deli or homemade salads	3-5 days	Don't freeze

### **Leftovers**

Cooked meat, stews, egg or vegetable dishes	3-4 days	2-3 months
Cooked poultry and fish	3-4 days	4-6 months
Meat broth and gravy	3-4 days	4-6 months
Soups	2-3 days	4 months

### **Frozen dinners**

Keep frozen until ready to cook		3-4 months
---------------------------------	--	------------

### **Eggs**

Fresh in shell	3-4 weeks	Don't freeze
Fresh out of shell	2-4 days	4 months
Hard-cooked	1 week	Doesn't freeze well
Egg substitutes un-opened	10 days	1 year
Egg substitutes opened	3 days	Don't freeze

### **Dairy products**

Un-opened milk	Best before date	6 weeks
Opened milk	3 days	Don't freeze
Un-opened cottage cheese	Best before date	Doesn't freeze well
Opened cottage cheese	3 days	Don't freeze
Un-opened yogurt	Best before date	1-2 months
Opened yogurt	3 days	Don't freeze
Soft cheese	1 week	Doesn't freeze well
Semi-soft cheese	2-3 weeks	8 weeks
Firm cheese	5 weeks	3 months
Hard cheese	10 months	1 year
Processed cheese	5 months	3 months
Un-opened salted butter	8 weeks	1 year
Un-opened unsalted butter	8 weeks	3 months
Opened butter	3 weeks	Don't freeze

### **Vegetables**

Beans green or waxed	5 days	8 months
Carrots	2 weeks	10-12 months
Celery	2 weeks	10-12 months
Leaf lettuce	3-7 days	Don't freeze
Iceburg lettuce	1-2 weeks	Don't freeze
Spinach	2-4 weeks	10-12 months

Summer squash

1 week

10-12 months

Winter squash

2 weeks

10-12 months

Tomatoes

Don't refrigerate

2 months