

## FOOD STORAGE LIST\*

Food Item	Fridge (40F or below)	Freezer (0F or below)	Pantry	Comments
<b><i>Meat, Seafood &amp; Soy</i></b>				
Beef, Veal, Lamb and Pork	3-5 days	Steak and roasts (4-12 months) chops (4-6 months)		Freeze meat if not using in a day or two
Ground Meat (or mixtures of them)	1-2 days	3-4 months		
Fresh Poultry (chicken and turkey)	1-2 days	Chicken/turkey whole (1 year) Chicken/turkey pieces (9 months)		Don't let raw drippings spoil other foods
Bacon	7 days	1 month		
Hot Dogs	2 weeks (unopened)	Hot dog, deli meat & sausage (1-2 months)		
	1 week (opened)	Bacon (1 month)		
Deli meat	2 weeks (unopened)	1-2 months		
	3-5 days (opened)			
Sausage, raw (beef, pork, turkey, chicken)	1-2 days	1-2 months		
Smoked breakfast links, patties	7 days	1-2 months		
Fish	1-2 days	Fatty fish (2-3 months) Lean fish (6 months) Breaded fish (3 months)		Store in coldest part of fridge; freeze in moisture proof wrap packaging
Crab	2 days (in shell) meat cooked (3-5 days)	10 months		
Canned fish		Doesn't freeze well	1 year	
Lobster	1-2 days	2-3 months		
Shrimp/Scallops/Mussels	1-2 days	3-6 months		
Smoked fish	14 days or package date	2 months vacuum packed		

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Food Item	Fridge (40F or below)	Freezer (0F or below)	Pantry	Comments
Tofu	3 -5 days (opened) package date (unopened)	3-5 months		After opening, store tofu in covered container submerged in fresh water -- change water daily
Soybeans	3-5 days (raw and cooked)	8 months raw 10-12 months cooked		
<b><i>Dairy Products</i></b>				Store dairy products in coldest part of fridge -- not on the side door
Butter	1-3 months	6-9 months		
Cheese, brick cheese shredded or sliced (most types)	5-7 days (opened)	3 months		
Cheese, parmesan/romano cheese, grated	5-7 days resealable bag (opened) 3 months commercial packaged (opened) wrapped block (several months)	10-12 months except cheese in resealable bag (3 months)		
Cheese, Ricotta	1-2 weeks (opened) package date (unopened)	3 months		
Cottage cheese	1 week	Doesn't freeze well		
Cream (Half & Half)	3-4 days	4 months		
Cream cheese	2 weeks	Doesn't freeze well		
Eggs (fresh in shell)	4-5 weeks	Doesn't freeze well		
Eggs, hard-cooked	1 week	Doesn't freeze well		
Egg substitutes	10 days (unopened) 3 days (opened)	1 year (unopened) don't freeze opened egg substitutes		
Feta cheese	5-7 days commercially packaged (opened) 3 months packaged in brine (opened)	3 months		

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Goat cheese, chevre fresh	2-3 weeks (opened or unopened)	3 months		
Ice Cream		1-2 months (opened) 2-4 months (unopened)		
Margarine	4-5 months	12 months		
Milk	1 week	3 months		Don't return leftover milk to original container
Milk, evaporated or condensed	1 week (opened)		12 months	
Buttermilk	1-2 weeks	Doesn't freeze well		
Pudding	Package date/2 days after opening	Doesn't freeze well		
Sour Cream	2 weeks (opened) package date (unopened)	Doesn't freeze well		
Yogurt	1-2 weeks	1-2 months		
<b><i>Fruits</i></b>				Don't wash fruits and vegetables before storing. Store in crisper and wash before use.
Apples	3 weeks- 1 month	8-12 months		Store in plastic bag away from strong odor foods
Apricots	3-5 days	8-12 months	Until ripe	Store in plastic bag
Avocados	2-3 days	8-12 months	Until ripe	Store in paper bag to ripen
Bananas	Up to 2 weeks	8-12 months	Until ripe	Skin turns black in fridge
Blackberries	3-6 days	8-12 months		
Blueberries	10-14 days	8-12 months		
Cherries	Up to 10 days			
Clementines			2-3 days	Refrigerate for longer storage
Cranberries	1 week	8-12 months		
Figs	2 days			Store in the coldest part of the fridge
Grapes	Up to 1 week	8-12 months		Store in plastic bag
Grapefruit	2-3 weeks whole		1 week	

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Lemon/lime	2-3 weeks	3-4 months	1 week	
Kiwi	5-7 days		Until ripe	
Mangos	5-7 days once ripe 3-4 days cut-up	8-12 months	Until ripe	Store cut-up fruit in airtight container
Melon	3-5 days cut up	8-12 months	1 week	Store cup up fruit in airtight container
Nectarines		8-12 months	Until ripe - eat within 2-3 days	Refrigerate for longer storage
Oranges	2-3 weeks	10-12 months	1 week	
Peaches	2-3 days	8-12 months	Until ripe -- eat in 1-2 days	Store in a paper bag to ripen
Pears	Up to 1 week		Until ripe	Store in a paper bag to ripen
Pineapple	2-3 days cup up	4-6 months	Eat as soon as possible	
Plums	3-5 days once ripe	8-12 months	Until ripe	Store in paper bag to ripen
Strawberries	2-3 days	10-12 months		
Watermelon	3-5 days cut up	6-8 months	Until ripe	Store cut-up fruit in airtight container
Canned fruit	2-4 days (opened)	2-3 months	Expiration date	
Dried fruit			6 months	Keep in an airtight container to keep moisture out. Refrigerate after opening for longer storage.
<b>Vegetables</b>				
Artichokes	Up to 1 week			
Arugula	Up to 3 days			Loosely wrap in a damp paper towel and place in a plastic bag
Asparagus	Up to 4 days			Wrap end of stalks in wet paper towel and place in a plastic bag
Beans, green or waxed	3-5 days	8 months		
Beans, dried			1 year or package date	After opening store in airtight container

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Beets	Up to 3 weeks	8-12 months		Store roots in plastic bag (remove leaves)
Bok choy, broccoli and brussels sprouts	3-5 days	8-12 months		
Brocoli	3-5 days	8-12 months		
Cabbage	1 week	8-12 months		
Carrots	Up to 2 weeks	8-12 months		Store in plastic bag with tops off
Cauliflower	5 days	8-12 months		
Cucumber	Up to 1 week	8-12 months		
Celery	1-2 weeks	10-12 months		May keep longer if wrapped in a moist towel
Corn	1-2 days	8-12 months		Refrigerate with husks on
Eggplant	5-7 days			Store in crisper
Garlic			Several weeks	Keep cool and dry
Ginger Root	2-3 weeks			Wrap tightly in paper towel or plastic
Green onions	3-5 days	Doesn't freeze well		
Kale	3-5 days			Store in coldest part of fridge
Lettuce, green leaf, rommaine or ice berg	1 week	10-12 months		Rinse lettuce thoroughly and dry on paper towel
Lettuce/spinach, commercially bagged	3-5 days (opened) 7-10 days or date on bag	10-12 months		
Mushrooms	4-7 days	8-12 months		For longer storage time refrigerate in a paper bag
Onions	Green onions (5 days) raw chopped/sliced onion (5-7 days)		Dry onions (2-4 weeks)	
Peas	3-5 days	10-12 months		Store in perforated bag; do not shell until ready to use
Peppers, sweet (red, yellow and green)	1-2 weeks	8-12 months		

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Peppers, jalapeno	Up to 10 days			Wrap in a paper towel (unwashed) and place in a baggie
Potatoes			All varieties except sweet (1-2 weeks) sweet, fresh (5-7 days)	If stored in a cool, dark place may last longer
Pumpkin		10-12 months	Up to 2 months	
Radish	Up to one week			Store in plastic bag
Spinach	3-5 days	10-12 months		Loosely wrap in a damp paper towel and place in a plastic bag
Squash, summer	3-4 days	10-12 months		
Squash, winter			Up to 1 month	Store in a cool and dry place
Sugar snap peas	Use within 2 days			Store in the crisper
Tomatoes		8-12 months	1 week	Tomatoes taste best when not refrigerated
Vegetables, canned	1-4 days (opened)	2-3 months	Expiration date	
<b><i>Leftovers/Sauces</i></b>				
Dip made with sour cream or other dairy products	3-4 days (homemade), 1 week (commercially prepared)			
Hummus	4-7 days (homemade), 1 week (commercially prepared, opened), 2-4 weeks (unopened)	3-4 months		
Marinara/alfredo sauce homemade	3-4 days	4-6 months		
Marinara/spaghetti sauce commercially bottled	7-10 days (opened)	4-6 months	12-18 months or date on bottle (unopened)	
Pesto	4-5 days (homemade), 3-4 days (commercially prepared, opened)	1-2 months		

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Salads (macaroni, tuna, chicken and egg)	3-5 days	Doesn't freeze well		
Soups and stews (vegetables and/or meat)	3-4 days	2-3 months		
Gravy and broth covered items	1-2 days	2-3 months		
Leftovers other	3-4 days	Cooked meat or poultry (2-6 months) chicken nuggets or patties (1-3 months) pizza (1-2 months)		
<b><i>Condiments/Herbs &amp; Spices</i></b>				
Catsup, chili sauce			12 months (unopened) 1 month (opened)	Refrigerate for longer use -- should keep for several months
Chocolate syrup	6 months (opened)		2 years (unopened)	
Herbs			6 months	
Herb/spice blends			2 years (unopened) 12 months (opened)	
Honey and syrup			1 year	
Jam/molasses			1 year	
Mayonnaise	3 months		expiration date (unopened)	Refrigerate after opening
Mustard			2 years (unopened) 6-8 months (unopened)	Refrigerate for longer use
Oils			18 months (unopened) 6-8 months (opened)	Store in a cool and dark place. After opening, use olive oil within 6 months and store in a dark container
Peanut butter	2 months (opened)		6 months (unopened)	
Pickles, olives	2-3 months (opened)		1-3 months	

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Food Item	Fridge (40F or below)	Freezer (0F or below)	Pantry	Comments
Salad dressings	1-3 months (opened), 12 months (unopened)	Doesn't freeze well	12 months	
Salsa	1-2 months (opened)		12-18 months (unopened)	
Spices, whole			1-2 years	
Spices, ground			6 months	
Vinegar			2 years (unopened) 1 year (opened)	
<b><i>Baked Goods</i></b>				
Baking powder/soda			18 months	
Bread crumbs			6 months	
Cake, angel		6-12 months		Refrigerate cakes that contain butter, cream or custard frosting
Cake, baked frosted		1 month		
Cake, baked unfrosted		2-4 months		
Cakes, batter		1 month		
Cake, mixes			6-9 months	
Chocolate, baking			6-12 months	Keep cool
Cookies, baked, homemade	2-3 weeks	6-12 months		
Cookies, dough	1-2 days	3 months		
Cookies, packaged		12-18 months	2 months	
Cornstarch			18 months	
Flour, bleached			6-8 months	
Flour, whole wheat	6-8 months			
Frosting mix			8 months	
Muffins, baked		6-12 months		
Pancake mix			6-9 months	
Pies, fruit	2-3 days (baked) 1-2 days (unbaked)	6-8 months (baked) 2-4 months (unbaked)		
Pies, pumpkin	2-3 days	1-2 months		



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Sugar, brown			4 months	Keep stored in airtight container
Sugar, granulated			2 years plus	
Sugar, powdered			18 months	
Yeast, dry			Expiration date	Keep dry and cool
Vanilla			2 years (unopened) 1 year (opened)	Keep tightly closed
<b><i>Cereals, Breads and Grains</i></b>				
Barley			2 years	
Breads, baked with no preservatives		3 months	4-5 days	Bread stored in the refrigerator may dry out
Bread, whole wheat commercially packaged and sliced		3 months	5-7 days	
Cereal, ready to eat			6-12 months (unopened) 2-3 months (opened)	
Croutons and bread crumbs	6 months	1 year	6 months	
Noodles, egg			6 months	
Noodles, plain			1-2 years	
Pasta			2 years	
Rice, white			2 years	
Rice, brown or wild			6 months	
<b><i>Snack Foods</i></b>				
Prepared, packaged shelf stable foods			1 year (unopened)	
Popcorn			2 years	
Nuts (shelled)	6 months			
Nuts (unshelled)			6 months	
<b><i>Beverages</i></b>				

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Food Item	Fridge (40F or below)	Freezer (0F or below)	Pantry	Comments
Coffee			1 year (unopened) 2-4 weeks (opened)	
Coffee, instant			6 months (unopened) 2 months (opened)	
Juices in cartons, fruit drinks, punch (opened)	7-10 days (opened) 3 weeks or package date (unopened)	8-12 months		
Fruit juice concentrate		1 year		
Canned fruit juices	3-4 days (opened)		1 year	
Tea, bags			1 year	
Tea, instant			1 year	
Soft drinks			3 months	

\*Use as a guide only as storage times will vary based on various circumstances

### References:

[Foodsafety.gov](http://foodsafety.gov)

[FDA.gov](http://FDA.gov)

ANFP Practice Standards: Food Storage Guidelines

Nebraska Extension: Food Storage by Julie A. Albrecht

Texas Agriculture Extensive Service: Safe Home Food Storage

[StillTasty.com](http://StillTasty.com)

[FruitsandVeggiesMoreMatters.org](http://FruitsandVeggiesMoreMatters.org)

[EatbyDate.com](http://EatbyDate.com)