

Storage Periods for Retaining Food Quality

Food	Room Temperature	Refrigerator	Freezer at 0°F
<u>Milk & Milk Products</u>			
Milk		1 week	
Butter		2 weeks	
Canned or dry milk	6 months		
Ice cream		1 week	
Natural cheese		1 month	
Processed cheese		1 month	
Sour cream, buttermilk, cream cheese		2 weeks	
<u>Meat</u>			
Fresh roasts, steaks, chops		3-4 days	3-6 months
Fresh livers, hearts, kidneys, other			
Variety meats		1-2 days	3-4 months
Fresh ground meat, stew meat		1-2 days	3-4 months
Cooked meat, gravies made with meat stock		2-3 days	2-3 months
Canned meat	1 year		
Meat pies, stews, casseroles, meat salads		2-3 days	3 months
<u>Poultry and Eggs</u>			
Fresh poultry		2 days	6-8 months
Cooked poultry		2 days	6 months
Poultry stuffing		1 day	
Poultry pies, stews, creamed dishes, gravies		1 day	
Poultry salads		1 day	
Eggs		2-4 weeks	
<u>Fish</u>			
Fresh fish		1-2 days	3-6 months
Cooked fish		3-4 days	1 month
Fish salad		1 day	
Smoked fish	1 year		
Canned fish	1 year		
Dried or pickled fish		3-4 days	
<u>Fruits</u>			
Apples	Until ripe	1 month	
Fresh fruit	Until ripe	3-5 days	9-12 months
Canned fruit	1 year	2-4 days, opened	
Dried fruit	6 months	2-4 days, cooked	
Fruit juice concentrates			1 year
Canned fruit juices	1 year	3-4 days, opened	
<u>Vegetables</u>			
Asparagus		2-3 days	
Broccoli, Brussels sprouts, green peas, Green onions, lima beans, rhubarb, Greens, summer squash		3-5 days	
Cabbage, cauliflower, celery, cucumbers, Snap beans, lettuce, peppers, tomatoes		1 week	
Carrots, beets, parsnips, radishes, turnips		1 day	
Corn		1 day	
Potatoes, sweet potatoes, winter squash, Rutabagas, dry onion	1 week, several months at 50-60 degrees		
Canned or dried vegetables	1 year	1-4 days, opened, cooked	
Flour, whole wheat		6-8 months	1 year
Rice, white	2 years		

Food	Room Temperature	Refrigerator	Freezer at 0°F
<u>Breads and Cereal Products</u>			
Flour, white	1 year		
Rice, brown	6 months		
Pies and pastries		2-3 days	4-6 months
Ready-to-eat cereal	1 year		
Uncooked cereals	1 year		
Bread	1 week		2-3 months
Pasta	1 year		
Cornmeal	1 year		
<u>Mixes and Packaged Foods</u>			
Biscuit, brownie, muffin mix	9 months		
Cake mixes	6-9 months		
Casserole mix	9-12 months		
Cookies, homemade	2-3 weeks		
Cookies, packaged	2 months		
Crackers	3 months		
Croutons and bread crumbs	6 months		
Frosting, canned	3 months		
Frosting, mix	8 months		
Hot roll mix	18 months		
Pancake mix	6-9 months		
Pie crust mix	6-9 months		
Potatoes, instant	6-12 months		
Rice mixes	6 months		
Sauce and gravy mixes	6-12 months		
Soup mixes	1 year		
Toaster pastries	2-3 months		
<u>Other Foods</u>			
Baking Powder	18 months		
Baking Soda	2 years		
Chocolate syrup	2 years, unopened	6 months, opened	
Cocoa mixes	8 months		
Coffee lighteners, dry	9 months, unopened		
	6 months, opened		
Cornstarch	18 months		
Gelatin	18 months		
Pectin	1 year		
Salad dressings, bottled	9 months, unopened	1-3 months, opened	
Sugar, brown	4 months		
Sugar, confectioners	18 months		
Sugar, granulated	2 years		
Vinegar	2 years, unopened		
	1 year, opened		
Cheese, parmesan, grated	10 months, unopened		
	2 months, opened		
Coconut, shredded	1 year, unopened		
	6 months, opened		
Imitation bacon bits	4 months		
Peas, beans, dried	1 year		
Popcorn	2 years		
Whipped toppings, dry	1 year		
Yeast, dry	Expiration date on package		
Honey, jams, syrups, molasses	1 year		
Nuts, unshelled	6 months		
Nuts, shelled		6 months	
Peanut butter	6 months, unopened	2 months, opened	