

Food Hygiene Asia

Cold Storage Chart

Follow these food safety guidelines from the USDA, the FDA, and the United Fresh Fruit and Vegetable Association to keep most known pathogens away.

Purchase foods before "sell-by" or expiration dates.

- Follow the handling recommendations on product.
- Keep meat and poultry in its package until just before using.
- If freezing meat and poultry in its original package longer than 2 months, over-wrap these packages with airtight heavy-duty foil, plastic wrap, or freezer paper, or place the package inside a plastic bag.

Because freezing (0° F) keeps food safe indefinitely, recommended storage times are for quality only.

Product	Refrigerator	Freezer
Eggs		
Fresh, in shell	3 weeks	Don't freeze
Raw yolks, whites	2 to 4 days	1 year
Liquid pasteurized eggs or egg substitutes:		
opened	3 days	Don't freeze
unopened	10 days	1 year
Mayonnaise, commercial	Refrigerate 2 months after opening	Don't freeze
TV dinners, frozen casseroles		
Keep frozen until ready to heat		3 to 4 months
Deli and Vacuum-Packed Products		
Store prepared (or homemade) egg, chicken, tuna, ham, macaroni salads	3 to 5 days	Don't freeze well
Pre-stuffed pork or lamb chops, chicken breasts stuffed w/dressing	1 day	Don't freeze well
Store-cooked convenience meals	3 to 4 days	Don't freeze well
Commercial brand vacuum-packed dinners w/seal, unopened	2 weeks	Don't freeze well

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Raw Hamburger, Ground and Stew Meats

Hamburger and stew meats	1 to 2 days	3 to 4 months
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Ground turkey, veal, pork, lamb and mixtures of them	1 to 2 days	3 to 4 months
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Ham, Corned Beef

Corned beef in pouch with pickling juices	5 to 7 days	drained, 1 month
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Ham, canned, labeled "Keep Refrigerated," unopened	6 to 9 months	Don't freeze
opened	3 to 5 days	1 to 2 months

Ham, fully cooked, whole	7 days	1 to 2 months
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Ham, fully cooked, half	3 to 5 days	1 to 2 months
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Ham, fully cooked, slices	3 to 4 days	1 to 2 months
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Hot Dogs and Lunch Meats

Hot Dogs		
opened package	1 week	1 to 2 months
unopened package	2 weeks	1 to 2 months

Lunch meats		
opened package	3 to 5 days	1 to 2 months
unopened package	2 weeks	1 to 2 months

Soups and Stews

Vegetable or meat	3 to 4 days	2 to 3 months
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Bacon & Sausage

Bacon	7 days	1 month
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Sausage, raw from pork, beef, chicken or turkey	1 to 2 days	1 to 2 months
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Smoked breakfast links, patties	7 days	1 to 2 months
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Summer sausage labeled "Keep Refrigerated," unopened package	3 months	1 to 2 months
opened package	3 weeks	1 to 2 months

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Fresh meat (beef, veal, lamb, and pork)

Steaks	3 to 5 days	6 to 12 months
Chops	3 to 5 days	4 to 6 months
Roasts	3 to 5 days	4 to 12 months

Variety meats (tongue, kidneys, liver heart, chitterlings)	1 to 2 days	3 to 4 months
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Meat leftovers

Cooked meat and meat dishes	3 to 4 days	2 to 3 months
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Gravy and meat broth	1 to 2 days	2 to 3 months
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Fresh poultry: chicken or turkey

whole	1 to 2 days	1 year
parts	1 to 2 days	9 months
giblets	1 to 2 days	3 to 4 months

Cooked poultry, leftover

Fried chicken	3 to 4 days	4 months
Cooked poultry dishes	3 to 4 days	4 to 6 months
Pieces, plain	3 to 4 days	4 months
Pieces covered with broth, gravy	1 to 2 days	6 months
Chicken nuggets, patties	1 to 2 days	1 to 3 months