

# Fresh Food Storage Guidelines For Refrigerator {Cheat Sheet}

Note: Always Look At Expiration Dates And "When In Doubt, Throw It Out"

| Fruit   | Time    |
|---|---------|
| Apples  | 1 month |
| Apricots, avocados, grapes, melons, nectarines, peaches, pears, plums | 5 days  |
| Berries and cherries  | 3 days  |
| Citrus fruit  | 3 weeks |
| Juices (once opened)  | 6 days  |
| Pineapple   | 4 days  |

| Vegetables   | Time    |
|--|---------|
| Asparagus, corn, lima beans, peas  | 3 days  |
| Beets, carrots, radishes, turnips  | 2 weeks |
| Broccoli, brussel sprouts, green onions, leafy greens such as lettuce, spinach, etc. | 5 days  |
| Cabbage, cauliflower, celery, cucumber, eggplant, green beans, peppers, tomatoes     | 1 week  |

| Dairy and Eggs                 | Time     |
|--------------------------------|----------|
| Butter                         | 2 months |
| Buttermilk, sour cream, yogurt | 2 weeks  |

| Dairy and Eggs                  | Time     |
|---------------------------------|----------|
| Cottage and ricotta cheese      | 1 week   |
| Cream cheese & slices (opened)  | 2 weeks  |
| Hard cheese (unopened)          | 6 months |
| Shredded cheese (once opened)   | 1 week   |
| Milk and cream                  | 1 week   |
| Eggs (in shells)                | 1 month  |
| Egg whites or yolks (no shells) | 4 days   |

| Meats (before cooking)       | Time     |
|------------------------------|----------|
| Steaks, pork chops, roasts   | 3 days   |
| Ground meats and stew meats  | 2 days   |
| Poultry                      | 2 days   |
| Seafood                      | 1-2 days |
| Bacon                        | 2 weeks  |
| Sausage (fresh)              | 2 days   |
| Ham (whole)                  | 1 week   |
| Ham slices                   | 3 days   |
| Luncheon meats (once opened) | 5 days   |

[Home Storage Solutions 101](#): A Place For Everything That Matters

Copyright 2011-2012 All Rights Reserved

Disclaimer: This information is provided as a courtesy only, as is, with no guarantees or warranties.

For more information about food safety you can visit [foodsafety.gov](http://foodsafety.gov)

# Fresh Food Storage Guidelines For Refrigerator {Cheat Sheet}

Note: Always Look At Expiration Dates And "When In Doubt, Throw It Out"

| Condiments                     | Time     |
|--------------------------------|----------|
| Jellies and jams (once opened) | 8 months |
| Ketchup (opened)               | 5 months |
| Mayonnaise (opened)            | 2 months |
| Mustard (opened)               | 1 year   |
| Nuts                           | 6 months |
| Pickles and olives             | 3 months |
| Salad dressings                | 3 months |

| Leftovers / After Opening                                    | Time     |
|--|----------|
| Cakes and pies   | 2 days   |
| Casseroles and stuffings                                     | 3 days   |
| Coffee (ground)  | 2 weeks  |
| Mayonnaise based salads (i.e., potato salad, coleslaw, etc.) | 3-5 days |
| Cooked meats   | 3 days   |
| Pizza  | 3 days   |
| Soups and stews  | 3 days   |
| Wine (for drinking)  | 3 days   |
| Wine (for cooking)   | 3 months |

The estimates provided are that, only estimates. Read all information on packaging regarding expiration and use by dates, and how long the item is safe to consume after opening. If a date on a package is shorter or longer than the dates listed, rely on the dates on the package instead.

Also, use your senses of sight and smell to be sure food is safe to eat. Even if it says it's within the expiration date periods, if it smells or looks funny throw it out!

[Home Storage Solutions 101](#): A Place For Everything That Matters

Copyright 2011-2012 All Rights Reserved

Disclaimer: This information is provided as a courtesy only, as is, with no guarantees or warranties.

For more information about food safety you can visit [foodsafety.gov](http://foodsafety.gov)