

Food Storage Guidelines

from: Department of Food Science and Technology, Virginia Tech

Food	Pantry (RoomTemp)	Refrigerator (33°F to 40°F)	Freezer (0°F)
Bread and Cereal Products			
Baked quick breads	4-5 days	1-2 weeks	2-3 months
Bread	5-7 days	1-2 weeks	3 months
Bread, rolls unbaked		2-3 weeks	1 month
Flour, cake, all-purpose	1 year		1-2 years
Flour, whole wheat		6-8 months	1-2 years
Pies and pastries		3 days	4-6 months
Pies and pastries, baked			1-2 months
Rice, white, (cooked)		6-7 days	6 months
Packaged Foods and Mixes			
Cookies, packaged	2 months		8-12 months
Herbs	6 months		1-2 years
Herb/spice blends	2 years		1-2 years
Spices, ground	6 months		1-2 years
Spices, whole	1-2 years		2-3 years
Cornstarch	18 months		2 years
Popcorn	1-2 years	2 years	2-3 years
Frozen vegetables			8 months
Fruits			
Frozen fruit			1 year
Fruit juice concentrate		6 days	1 year
Fruit pies, baked		2-3 days	8 months
Dairy Products			
Butter		2 weeks	9 months
Cottage cheese		1 week	2 weeks
Cream-light, heavy, half- and-half		1 week	1-2 months
Margarine		1 month	9 months
Milk		8-20 days	3 months
Ice cream and sherbet			2 months
Hard natural cheese		3 months	6 months
Processed cheese		1 month	6 months
Meats, Poultry, Eggs and Fish Meats			
Fresh beef steaks and roasts		3-4 days	6-12 months
Fresh pork chops		2-3 days	4-6 months
Fresh lamb chops		3-5 days	6-8 months

Food	Pantry (RoomTemp)	Refrigerator (33°F to 40°F)	Freezer (0°F)
Other Food Staples (cont.)			
<i>Fresh veal</i>		1-2 days	4-6 months
<i>Fresh ground meat</i>		1 day	3-4 months
<i>Cooked meat</i>		2-3 days	2-3 months
<i>Canned meat</i>	1 year	1 week*	3-4 months
<i>Ham, whole</i>		1 week	1-2 months
<i>Bacon</i>		2 weeks	3 months
<i>Luncheon meat</i>		2 weeks	1 month
Fish			
<i>Breaded fish</i>			3 months
<i>Cooked fish</i>		3-4 days	1 month
<i>Fresh fish</i>		1-2 days	3-6 months
<i>Seafood-clams, crab, lobster in shell</i>		1-2 days	3 months
<i>Seafood-oysters & scallops</i>		1 day	3-4 months
<i>Seafood-shrimp</i>		1 day	1 year
Poultry and Eggs			
<i>Fresh poultry</i>		1 day	1 year
<i>Eggs, pasteurized</i>		12 days	1 year
<i>Egg substitute</i>		10 days	1 year
Wild Game			
<i>Game birds</i>		2 days	9 months
<i>Venison</i>		3-5 days	9-12 months
* Opened	+ Cooked	^ Refrigerate after opening	# After manufacture date