



## How Long Will It Keep?

Following are some storage guidelines for some foods that are regulars on America's dinner tables.

PRODUCT	STORAGE PERIOD	
	In refrigerator 40 degrees Fahrenheit (5 degrees Celsius)	In freezer 0 F (-18 C)
Fresh meat:		
Beef: ground	1-2 days	3-4 months
Steaks and roasts	3-5 days	6-12 months
Pork: chops	3-5 days	4-6 months
Ground	1-2 days	3-4 months
Roasts	3-5 days	4-6 months
Cured meats:		
Lunch meat	3-5 days	1-2 months
Sausage	1-2 days	1-2 months
Gravy	1-2 days	2-3 months
Fish:		
lean (such as cod, flounder, haddock)	1-2 days	up to 6 months
fatty (such as blue, perch, salmon)	1-2 days	2-3 months
Chicken: whole	1-2 days	12 months
parts	1-2 days	9 months
giblets	1-2 days	3-4 months
Dairy products:		
Swiss, brick, processed cheese	3-4 weeks	*
Milk	5 days	1 month
Ice cream, ice milk	-	2-4 months
Eggs: fresh in shell	3 weeks	-
hard-boiled	1 week	-

\* Cheese can be frozen, but freezing will affect the texture and taste.

(Sources: Food Marketing Institute for fish and dairy products, USDA for all other foods.)

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<http://www.fda.gov/fdac/reprints/dinguest.html>