

**RECOMMENDED STORAGE TIMES**

<b>Products</b>	<b>Refrigerator at 32-40°F</b>	<b>Freezer at 0°F</b>	<b>Comments</b>
<b>BREADS, PASTRIES, CAKES</b>			
Unbaked rolls and bread	2-3 weeks	1 month	Longer storage causes yeast to become inactivated and the gluten weakened.
Partially baked cinnamon rolls		2 months	
Baked quick breads	**	2 months	
Baked muffins	**	6-12 months	
Baked breads with no preservatives	2-3 weeks	2-3 months	Refrigerator storage is recommended to inhibit mold growth.
Unfrosted doughnuts	**	2-4 months	
Waffles	**	1 month	
Unbaked fruit pies	1-2 days	2-4 months	
Baked fruit pies	2-3 days	6-8 months	
Pumpkin or chiffon pies	2-3 days	1-2 months	
Baked cookies	**	6-12 months	Cookies will keep 2-3 weeks in air tight container in cupboard. Cookies do not need to be refrigerated.
Cookie dough		3 months	
Unbaked cakes (batter)		1 month	Use double-action baking powder if batter is frozen.
Frosted baked cakes	**	1 month	
Unfrosted cakes	**	2-4 months	
Angel cakes	**	6-12 months	
Fruit cakes		6-12 months	
<b>DAIRY</b>			
Butter	3 months	12 months	To freeze, keep in original carton, over wrap with foil and a plastic bag.
Buttermilk	1-2 weeks	N.R.*	Check date on carton. Will keep several days after date.
Cheese:			
Cottage, ricotta	1-2 weeks	4 weeks	Cottage cheese keeps better if creamy surface is smoothed after cheese is scooped out.
Cream cheese	2 weeks	N.R.*	Cream cheese becomes crumbly when frozen, but can be used in cooked recipes where creaminess is not important.
Natural, aged cheeses (cheddar, Swiss, brick, Gouda, mozzarella, etc.)			Natural and processed cheeses can be frozen with good results. Defrost in the refrigerator, cheese will be less likely to crumble.

\*\*It is not necessary to refrigerate unless product cannot be used within 4-5 days or time recommended on the package of purchased products

N.R.\* Not Recommended.

<b>Products</b>	<b>Refrigerator at 32-40°F</b>	<b>Freezer at 0°F</b>	<b>Comments</b>
<b>DAIRY CONT.</b>			
Cheese cont:			
large pieces, packaged or wax-coated	3-6 months	6-8 months	
Slices or opened packages	2-3 weeks		
Parmesan, romano (grated)	12 months		
Pasteurized process cheese	3-4 weeks	6-8 months	
Coffee lightener (liquid)	3 weeks	See package	
Cream, light or half & half	1-2 weeks	3-4 weeks	
(UHT processed-unopened)	4 weeks		
(UHT processed-opened)	1-2 weeks		
Cream, heavy or whipping (UHT processed)	1-2 weeks	N.R.*	Freezing is not recommended for whipping cream. It will not whip after thawing. Whipped cream may be frozen and stored for 1-2 weeks.
Dip, sour-cream:			
Commercial	2 weeks	N.R.*	
Homemade	3-4 days	N.R.*	
Margarine	3 months	12 months	Wrap in original carton, foil and plastic bag for freezer storage.
Milk:			
Evaporated (opened)	1-2 weeks	N.R.*	
Fluid whole or low-fat	1-2 weeks	N.R.*	
Reconstituted non fat dry	5 days	N.R.*	
Sweetened, condensed (open)	2 weeks	N.R.*	Read code date. Since this is a "peak of quality" date, the product will be usable several days beyond the date if kept constantly refrigerated.
Sour cream	2-3 weeks	N.R.*	Sour cream will separate if frozen.
Whipped topping:			
In aerosol can	3 months	N.R.*	
Prepared from mix	3 days	N.R.*	
Bought frozen (after thawing)	2 weeks	N.R.*	
Yogurt	1 month	N.R.*	Yogurt will separate if frozen.

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### **EGGS AND EGG-CONTAINING PRODUCTS**

Eggs, in shell, fresh	2-5 weeks	N.R.*	
Eggs, fresh yolks or whites	4 days	12 months	To freeze, break eggs out of shell and stir until yolk is well blended with white (or with other yolks). Adding a small amount of salt, sugar or corn syrup will improve keeping quality of the frozen egg.
Eggs, in shell, hard cooked	1 weeks	N.R.*	Decorated Easter eggs: If you intend to eat them, keep refrigerated. If eggs are at room temperature for more than 2 hours, do not eat them.
Egg-containing products:			
Custards, custard sauces, puddings, custard-filled pastries or cakes	1-2 days	N.R.*	
Canned puddings, opened	1-2 days	N.R.*	

N.R.\* Not Recommended

<b>Products</b>	<b>Refrigerator at 32-40°F</b>	<b>Freezer at 0°F</b>	<b>Comments</b>
<b>FRESH MEATS</b>			
Roasts:			
Beef	3-5 days	6-12 months	Meats may be left in the supermarket packaging for refrigerator storage or for very brief freezer storage.
Veal or port	3-5 days	4-8 months	
Lamb	3-5 days	6-9 months	
Steaks, beef	3-5 days	6-12 months	For frozen storage beyond one month, wrap in vapor-proof freezer wrap or place in freezer bags.
Chops:			
Pork	3-5 days	3-4 months	
Lamb, veal	3-5 days	6-9 months	
Ground beef, stew meat, ground Pork	1-2 days	3-4 months	
Sausage, pork	1-2 days	3-4 months	
Bratwurst, fresh	2-3 days	2-3 months	
Precooked	5-7 days	2-3 months	
Variety meats (tongue, liver, brains, heart, kidneys)	1-2 days	3-4 months	
<b>COOKED MEATS</b>			
Cooked meat and meat dishes	3-4 days	2-3 months	All cooked meats and leftovers should be quickly refrigerated and used as soon as possible. Large roasts may be cut into halves to cool in the refrigerator. Do not cover meat until it cools.
Gravy and meat broth	1-2 days	2-3 months	All home-cooked meats should be tightly covered. Fats tend to separate in homemade gravies, stews and sauces, but usually recombine when heated.
<b>PROCESSED AND CURED MEATS</b>			
Bacon	7 days	1 month	Packaged meats are best kept in the package in which they are purchased. For best quality, use no later than 1 week after the "sell by" date.
Frankfurters	7 days#	1-2 months	Frozen, cured meats lose quality rapidly and should be used as soon as possible
Ham, whole	7 days	1½-2 months	
Half	3-5 days#	1½-2 months	
Canned (unopened)	8-12 months	N.R.*	Small pieces of canned ham may be frozen (after opening) for 4-6 weeks without noticeable quality loss.
Luncheon meats	3-5 days#	1-2 month	
Sausage, smoked	7 days	1-2 months	
Dry and semi-dry sausage	14-21 days	1-2 months	

N.R.\* Not recommended

# Storage times after vacuum-sealed package is opened. Unopened package may be kept 2 weeks or according to date on package.

<b>Products</b>	<b>Refrigerator at 32-40°F</b>	<b>Freezer at 0°F</b>	<b>Comments</b>
<b>FRESH POULTRY</b>			
Chicken and turkey (whole)	1-2 days	12 months	
Chicken (pieces)	1-2 days	9 months	
Turkey (pieces)	1-2 days	6 months	
Duck and goose (whole)	1-2 days	6 months	
Giblets	1-2 days	3-4 months	
<b>COOKED POULTRY</b>			
Pieces (covered with broth)	1-2 days	6 months	For quick cooling, cool meat and broth separately. Stir broth to prevent the formation of a top coating of fat which may seal in heat. Ice cubes can be added to concentrated broth to speed cooling.
Not in broth	3-4 days	1 month	
Cooked poultry dishes	3-4 days	4-6 months	
Fried chicken	3-4 days	6 months	
<b>WILD GAME</b>			
Venison	3-5 days	3-4 months	
Rabbit, squirrel	1-2 days	12 months	
Wild duck, pheasant, goose (whole)	1-2 days	6 months	
<b>SEAFOOD-UNCOOKED</b>			
Clams, oyster (shucked) and scallops	7-9 days	3-4 months	Do not use if liquid is frothy. Store in coldest part of the refrigerator.
Crab	7 days	2 months	
Shrimp	3-5 days	6-12 months	
Lobster (shelled or not)	3-7 days	6-12 months	
Fresh water species, cleaned	3-5 days	6-9 months	
Filletts			
Cod, flounder, haddock, pollack	3-5 days	4-6 months	
Mullet, ocean perch, sea perch, Sea trout, striped bass	3-5 days	3 months	
Salmon steaks	3-5 days	2 months	
Cooked fish	5-7 days	N.R.*	
<b>CANNED FOOD, AFTER OPENING</b>			
Baby food	2-3 days	N.R.*	Store baby food covered. Do no feed baby from jar. Reheat only enough for one feeding. Homemade baby food may be frozen in ice cube trays and used in single serving amounts. Store 2-4 weeks in freezer.

N.R.\* Not recommended

<b>Products</b>	<b>Refrigerator at 32-40°F</b>	<b>Freezer at 0°F</b>	<b>Comments</b>
<b>CANNED FOOD, AFTER OPENING CONT.</b>			
Fish, seafood, poultry	1 day	N.R.*	
Fruit and vegetables	3-5 days	1-2 months	Texture will be softer after freezing, but product is acceptable in sauce, soups, stews.
Gravy and broth	2 days	2-3 months	
Meats	2-3 days	N.R.*	Store all canned food tightly covered. Acidic foods should be transferred to glass or plastic containers to avoid metallic taste if stored for more than 1-2 days.
Sauce, tomato based	5 days	2-3 months	

**MISCELLANEOUS**

Soups, stews	2-3 days	4-6 months	
Sandwiches	2-3 days	1 month	
Casseroles	1-2 days	1 month	
Leftover cooked food	see other charts	1 month	
Ground spices	6 months♠	6-12 months	Can be stored in cupboard instead of refrigerator.
Candies	not necessary	3-6 months	
Fats, oils, salad dressings (opened)	several months	N.R.*	Refrigeration is recommended to prevent rancidity. Some oils may become cloudy or solidify in the refrigerator, but this is not harmful. Commercial vegetable oils, shortenings and salad dressings may be stored at room temperature for several weeks without undergoing flavor change.

<b>Products</b>	<b>Time and Temperature</b>	<b>Comments</b>
<b>FRUITS</b>		
Bananas	store at 60-70° F (not refrigerated)	Temperatures below 50° F will cause injury to peel.
Apples	3-4 weeks at 32-35° F	Flavor loss occurs at 40-45° F
Avocados	3-5 days at 35-45° F 1-2 weeks at 45° F	Chilling injury occurs at lower temperatures.
Blackberries and other berries	1-2 days at 35-40° F	
Strawberries	2-5 days at 30-32°F	
Blueberries	2 weeks at 31-32° F and 90-95% humidity	Temperatures above 40° F will cause the berries to develop rough skin.
Canned fruits and fruit juices, (opened)	1 week at 35-40° F	If not used in 1 day, transfer to glass or plastic food containers to avoid metallic taste.

N.R.\* Not recommended

♠Refrigeration is not necessary, but will help keep flavor fresher.

<b>Products</b>	<b>Time and Temperature</b>	<b>Comments</b>
<b>FRUITS CONTINUED</b>		
Cherries, sweet	1-2 weeks at 32° F 6 weeks at 40° F	
Citrus fruit		
Tangelos, tangerines	2-3 weeks at 38-40° F	Wrap cut surfaces of citrus fruit to prevent Vitamin C loss. Lower temperatures cause watery breakdown.
Grapefruit	4-6 weeks at 50-60° F	
Oranges	3-4 weeks at 50-60° F	
Citrus juice		
Bottled, canned	1 week at 35-40° F	
Reconstituted frozen		
Bottled lemon or lime juice (after opening)	2 months at 35-40° F	
Cooked fruit	2-3 days at 35-40° F	
Grapes	1-3 months at 31-32° F	
Mango	store at 55-60° F (not refrigerated)	Temperatures below 50° F will cause chill injury.
Melons, most varieties	1 week at 35-40° F	Wrap uncut cantaloupe and honeydew to prevent odor spreading and loss of Vitamin C. Temperatures lower than 40° F will cause chilling injury, visible as sunken areas under the skin.
Cantaloupe	1 week at 40° F	
Nectarines, peaches	2-3 weeks at 31-32° F	Ripen at 60-70° F. More rapid deterioration At 35-40° F
Pears (mature, but not fully ripe)	1-3 months at 35-40° F	Do not refrigerate in airtight bag. Ripen at room temperature.
Pineapple, ripe	1 week at 50-55° F	Pineapple is subject to chill injury; use quickly. Chill damage shows as brownish color around core and soft spots.
<b>VEGETABLES</b>		
Asparagus	3-5 days at 35-40° F	Keep moist and store in plastic bags.
Beans, green or waxed	3-5 days at 35-40° F	Store in vapor-proof bag or crisper. Do not wash before storing.
Beets	3-5 months at 35-40° F	Remove leafy tops; leave about 1 inch of stem. Keep in crisper in plastic bags.
Carrots	4-6 weeks at 32° F	
Radishes, turnips, rutabagas, parsnips, salsify	3-4 weeks at 35-40° F	Turnips, rutabagas and parsnips keep better if waxed to prevent moisture loss.
Cabbage		
Early	3-6 weeks at 32° F	Keep in crisper or vapor-proof bags. Never peel or cut up vegetables before storing.
Late	3-4 months at 32° F	
Cauliflower	2-3 weeks at 32° F	
Celery	1-2 weeks at 35-40° F	
Canned vegetables and vegetable juice, opened	2-3 days at 35-40° F	If not used in 1 day, transfer to glass or plastic food containers to avoid metallic taste.

<b>Products</b>	<b>Time and Temperature</b>	<b>Comments</b>
<b>VEGETABLES CONTINUED</b>		
Corn, in husks	3-5 days at 35-40° F	Keep moist.
Cucumbers	10-14 days at 45-50° F	Chilling injury will occur if cucumbers are held longer than 2 days at 45° F or below. Wash, drain; store away from other vegetables to prevent russet spotting. Store in crisper or lettuce keeper.
Lettuce, head	5-7 days at 35-40° F	Keep in crisper, vapor-proof bag or covered plastic container.
Leaf and bib lettuce, salad greens, spinach	3-5 days at 35-40° F	Do not wash before storing.
Mushrooms	Several months at 32-35° F	High sugar levels will develop below 50° F. Store in dark to prevent greening.
Onions	Several months at 45-55° F	
Potatoes	Several months at 55-60° F	
Sweet potatoes	3-4 days	Ripen at room temperature, away from direct sunlight.
Tomatoes, ripe	3-5 days at 35-40° F	Do not shell peas or lima beans until you are ready to use them. Keep in crisper or vapor-proof bag.
Unshelled peas, lima beans		

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