

## FREEZER STORAGE CHART

Temperature: 0°F or below is best. Time: Date food packages with an expiration date. Longer storage will deteriorate quality and flavor of foods. Packaging: Use foil, moisture-proof plastic bags, freezer wrap, and freezer containers.

FOOD	APPROXIMATE STORAGE TIME	HANDLING HINTS
<b>MEATS</b>		
Bacon		Use within a month
Frankfurters		Freezing not recommended
Ground beef, lamb, veal	2-3 months	
Ground pork	1-2 months	
Luncheon meats		Freezing not recommended
Roasts, beef	6-12 months	
lamb, veal	6-8 months	
pork	3-6 months	
Steaks and chops		
beef	6-8 months	
pork	2-3 months	
<b>FISH</b>		
Fillets and steaks from lean fish, and, flounder, sole	6 months	Keep all purchased frozen fish in original wrappings. Thaw under Fatty fish: refrigeration or follow cooking directions on the label.
Bluefish, perch, salmon	2-3 months	
Breaded fish	3 months	
Cooked fish and seafood	3 months	
Shrimp, uncooked	12 months	
<b>POULTRY</b>		
Chicken, cut-up	10 months	
Cooked poultry	3 months	
<b>FRUITS AND VEGETABLES</b>		
Berries, cherries, peaches, pears, and pineapples	12 months	Freeze in moisture-proof container. Cabbage, celery, salad greens and tomatoes do not freeze successfully.
Vegetables, home frozen	10 months	
purchased frozen	8 months	
<b>BAKED GOODS</b>		
Bread, uncooked	1 month	Freezing does not freshen baked goods. It only maintains freshness food had before freezing.
Cake, baked, unfrosted	2-4 months	
Cake, baked, frosted	8-12 months	
Cookies, baked	8-12 months	
Pie, baked	1-2 months	
Bread and rolls	3-6 months	
<b>MAIN DISHES</b>		
Meat, fish pies, and casseroles	3 months	
TV dinners	3 months	
Beef, turkey, chicken, fish	6 months	
<b>DAIRY PRODUCTS</b>		
Butter/margarine	6-9 months	Do not freeze Thaw in refrigerator Cut and wrap in small pieces; thaw in refrigerator. Do not freeze
Sour Cream, yogurt		
Cottage Cheese	3 months	
Hard cheese	6 weeks	
Milk	1 month	
Eggs, in shell		
whites and yolks	12 months	
ice cream, sherbet	2 months	

## REFRIGERATOR STORAGE CHART

temperature: From 34°F to 40°F is best. Check temperatures with a thermometer. Time: Use foods quickly - don't depend on maximum storage time. Packaging: Use foil, plastic wrap or bags and airtight containers.

FOOD	APPROXIMATE STORAGE TIME	HANDLING HINTS
<b>DAIRY PRODUCTS</b>		
Butter	2 weeks	Wrap, cover tightly
Margarine	4-6 months	Wrap, cover tightly
Cheese (opened)	3-4 weeks	Keep tightly packaged
Cream	3 days	
Eggs (shelled)	2-3 weeks	
Milk, evaporated	4-5 days	
homogenized	5 days	Keep containers tightly closed
condensed	4-5 days	Keep covered
Sour Cream	2 weeks	Keep covered
Yogurt	7-10 days	Keep covered
<b>FRUITS AND VEGETABLES</b>		
Bananas		Refrigerate only when fully ripe
Apples	1-3 weeks	Don't wash before storing
Melons	1 week	Wrap uncut cantaloupe
Others	3-5 days	
Asparagus	1-2 days	Keep moist
Corn in husks	1-2 days	Keep moist
Beans, green or wax	1-2 days	Keep in crisper
Beets, carrots, radishes	1-2 weeks	Remove leafy tops
Cabbage, celery	1-2 weeks	Keep in crisper
Lettuce	5-7 days	Store in moisture resistant bag
Mushrooms	1-2 days	Do not wash before storing
Onions, potatoes, sweet potatoes		Refrigeration not needed
Tomatoes, ripe	1-2 days	Ripen at room temp., then refrigerate
Peas, limas, spinach	3-5 days	Keep in crisper
<b>MEAT, FISH, POULTRY</b>		
Meat, fresh, uncooked		All meat, poultry, and fish:
Beef, lamb, pork, and veal	2-3 days	Keep in original plastic wrapping
chops	2-3 days	if brought fresh, wrap loosely in waxed
ground meat	1-2 days	paper.
roast	2-4 days	
steak	2-3 days	
stew meat	1-2 days	
Chicken, duck, turkey	2 days	
Fish, shellfish	1 day	Store in coldest part of refrigerator. Cook
Seafood	1-2 days	only live shellfish.
<b>CURED AND SMOKED MEATS</b>		
Bacon	5-7 days	Keep all meats wrapped and in coldest part
Bologna, liverwurst	4-6 days	of refrigerator. Times are for opened
Corned beef	5-7 days	packages. Unopened foods will keep about
Sausage, dry	2-3 days	about 2 weeks.
Frankfurters	4-5 days	
Ham, shoe	1 week	
unopened, canned	6 months	Store in refrigerator
Lunch meat	3 days	

## CUPBOARD STORAGE CHART

Temperature: Store foods in coolest cabinets away from heat and overhead pipes. time: buy only what you need and use it within recommended shelf life. Use older products before new ones. Rotate stock. Purchasing: Do not buy or use bulging, leaking, or badly dented cans.

FOOD	APPROXIMATE STORAGE TIME	HANDLING HINTS
<b>STAPLES</b>		
Baking powder	18 months	Keep dry and covered
Baking soda	2 years	Keep dry and covered
Bread crumbs	6 months	Keep dry and covered
Cereals, ready-to-eat (unopened)	6-12 months	
ready-to-eat (opened)	2-3 months	Refold package liner tightly
Coffee, can (opened)	2 weeks	Refrigerate after opening and keep
instant (opened)	2 months	tightly closed.
Cornmeal	12 months	Keep tightly closed
Flour, white	6-8 months	Keep in airtight container
whole wheat	6-8 months	Keep refrigerated
Honey	12 months	Cover tightly. If crystallizes, warm in pan of water.
Jellies and jams	12 months	Cover tightly and refrigerate for longer life.
Molasses (opened)	5 months	Cover tightly and refrigerate for longer life
Mayonnaise (unopened)	2-3 months	Refrigerate after opening
Milk, cond. or evap. (unopened)	12 months	Invert cans every 2 months
non-fat dry	6 months	Keep in airtight container
Pasta (macaroni, spaghetti)	2 years	
Rice, white	2 years	Keep tightly closed
Salad dressing (opened)	3 months	Refrigerate after opening
Shortening	8 months	
Sugar, brown	4 months	Put in airtight container
confectioners	18 months	Put in airtight container
granulated	2 years	Cover tightly
Syrups	12 months	Keep tightly closed, refrigerate for longer life
Tea	18-24 months	Put in airtight container
<b>PACKAGED FOODS</b>		
Cake, biscuit, brownie mixes	9 months	Keep cool and dry
Crackers	8 months	Keep box tightly closed
Pancake mix	6-9 months	Put in airtight container
Potatoes, instant	6-12 months	Put in airtight container
Pudding mixes	12 months	Keep cool and dry
Soup mixes	12 months	Keep cool and dry
<b>CANNED AND DRIED FOODS</b>		
Canned foods (unopened)	12 months	Keep cool
Canned fruit juices	9 months	Keep cool
Fruits, dried	6 months	
Vegetables, dried	1 year	
<b>CONDIMENTS AND OTHERS</b>		
Catsup (opened)	1 month	Refrigerate for longer storage
Mustard (opened)	6-8 months	
Cheese, grated parmesan (opened)	2 months	Refrigerate after opening
Peanut butter (opened)	2-3 months	
Onions	2 weeks	Keep dry and away from sun
Potatoes, white	2-4 weeks	Keep dry and away from sun
sweet	1-2 weeks	