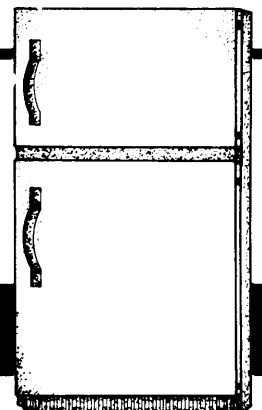


REFRIGERATOR/FREEZER

Approximate Storage Times



Product	Refrigerator at 35°-40°F	Freezer at 0°F	Comments
BREADS, PASTRIES, CAKES			
Unbaked rolls and bread	2-3 weeks	1 month	Longer storage inactivates yeast, weakens gluten.
Partially baked cinnamon rolls		2 months	
Baked quick breads	†	2 months	
Baked muffins	†	6-12 months	
Baked breads (no preservatives)	2-3 weeks	2-3 months	Store in refrigerator to inhibit mold growth.
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	N.R.	6-12 months	Store 2-3 weeks, airtight container in cupboard.
Cookie dough		3 months	
Frosted baked cakes	†	1 month	
Unfrosted baked cakes	†	2-4 months	
Angel cakes	†	6-12 months	
Fruit cakes		6-12 months	
DAIRY			
Butter	3 months	12 months	Freeze in original carton, overwrap with plastic freezer bag.
Buttermilk	1-2 weeks	N.R.	Check date on carton. Will keep several days after date.
Cheese:			
cottage, ricotta	5-7 days	1 month	Freezing changes texture of soft cheeses.
cream cheese	2 weeks	1 month	Becomes crumbly when frozen; can be used in cooking when creaminess is not important.
Natural, aged cheeses (cheddar, swiss, brick, gouda, mozzarella, etc.) large pieces, packaged or wax-coated	2-3 months	6-8 months	Natural and processed cheeses can be frozen. Defrost in refrigerator; cheese will be less likely to crumble. Use soon after thawing.
slices or opened packages	2-3 weeks		
parmesan, romano (grated)	12 months		
Pasteurized process cheese	3-4 weeks	6-8 months	
Coffee whitener (liquid)	3 weeks	See package	
Cream, light or half & half		3-4 weeks	
(UHT processed-unopened)	4 weeks		
(UHT processed-opened)	1 week		
Cream, heavy or whipping	1 week	N.R.	Whipping cream will not whip after thawing. Whipped cream may be frozen and stored for 1 to 2 weeks.
Dip, sour-cream:			
commercial	2 weeks	N.R.	
homemade	3-4 days	N.R.	

N.R. = Not recommended.

† Not necessary to refrigerate unless product cannot be used within 4-5 days or time recommended on package.

Product	Refrigerator at 35-40°F	Freezer at 0°F	Comments
Margarine	3 months	12 months	Leave in original foil and carton, overwrap in plastic bag for freezer storage.
Milk:			
evaporated, opened,	3-5 days	N.R.	
fluid whole or low-fat	1 week	N.R.	
reconstituted nonfat dry	1 week	N.R.	
sweetened, condensed,			
opened	3-5 days	N.R.	
Sour cream	2-3 weeks	N.R.	Sour cream will separate if frozen.
Whipped topping:			
in aerosol can	3 weeks	N.R.	
prepared from mix	3 days	N.R.	
frozen carton (after thawing)	2 weeks	N.R.	
Yogurt	1 month	N.R.	Yogurt will separate if frozen.

EGGS AND PRODUCTS CONTAINING EGGS

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 small amount of salt, sugar or corn syrup will improve keeping quality.
Eggs, in shell, hard-cooked	2 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.	

FRUITS

Apples	1-3 weeks	8-12 months	Freeze all fruits in moisture- and vapor-proof containers. Follow recommended procedures in Extension publications
Avocados	3-5 days	N.R.	
Berries	1-2 days	8-12 months	
Canned fruits, opened	3-5 days	1-2 months	Texture will be softer after freezing. Refrigerate in glass or plastic to avoid metallic taste.
Citrus fruits	3 weeks	4-6 months	Wrap cut surfaces to prevent loss of Vitamin C.
Juices, canned and bottled	1 week	12 months	Transfer canned juice to glass or plastic container after opening.
frozen concentrate			
Melons	1 week	8-12 months	Wrap cut surfaces to prevent loss of Vitamin C and spread of odors.

MEATS, FRESH

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 pork	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 2 weeks, rewrap in moisture- and vapor-proof wrap or 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	

N.R. = Not Recommended

Product	Refrigerator at 35-40°F	Freezer at 0°F	Comments
Sausage, pork	1-2 days	1-2 months	
Bratwurst, fresh	2-3 days	2-3 months	
Bratwurst, precooked	5-7 days	2-3 months	
Variety meats (tongue, liver, brains, heart, kidneys)	1-2 days	3-4 months	
MEATS, COOKED			
Canned meat, opened	2-3 days	N.R.	
Cooked meat and meat dishes	3-4 days	2-3 months	Quickly refrigerate all cooked meats and leftovers, use as soon as possible. Cut large roasts into halves to cool in the refrigerator.
Gravy and meat broth	1-2 days	2-3 months	Fats tend to separate in homemade gravies, stews and sauces, but usually recombine when heated. Cool leftover gravy and broth quickly, in shallow containers, in the refrigerator.
MEATS, PROCESSED AND CURED			
Bacon	7 days	1 month	Keep packaged meats in original package. For best quality, use within 1 week of "sell by" date.
Frankfurters	7 days ♦	1-2 months	Frozen, cured meats lose quality rapidly; use as soon as possible.
Ham, whole	7 days	1-2 months	
half	3-5 days	1-2 months	
canned (unopened)	8-12 months	N.R.	Small pieces of canned ham (opened) maybe frozen for 4 to 6 weeks.
Luncheon meats	3-5 days ♦	1-2 months	
Sausage, smoked	7 days	1-2 months	
Dry and semi-dry sausage	14-21 days	1-2 months	
POULTRY, FRESH			
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	
COOKED POULTRY			
Canned poultry, opened	1 day	N.R.	Quick-cool meat and broth separately in shallow containers. Add ice cubes to concentrated broth to speed cooling and to aid fat removal.
Cooked poultry dishes	3-4 days	4-6 months	
Pieces (covered with broth)	1-2 days	6 months	
Pieces (not in broth)	3-4 days	1 month	
Fried chicken	3-4 days	4 months	
WILD GAME			
Venison	3-5 days	6-12 months	
Rabbit, squirrel	1-2 days	12 months	
Wild duck, pheasant, goose (whole)	1-2 days	6 months	
SEAFOOD			
Canned fish, seafood, opened	1 day	N.R.	
Clams, oysters (shucked) and scallops	7-9 days	3-4 months	Store in coldest part of the refrigerator. Do not use if liquid is frothy.
Crab	7 days	2 months	
Shrimp	3-5 days	6-12 months	
Lobster (shelled or not)	3-7 days	6-12 months	

♦ Storage time after vacuum-sealed package is opened. Unopened package maybe kept 2 weeks or according to date on package.

Product	Refrigerator at 35-40°F	Freezer at 0°F	Comments
Freshwater fish, cleaned	3-5 days	6-9 months	
Filletts:			
cod, flounder,	3-5 days	4-6 months	
haddock, pollack,			
mullet, ocean perch, sea	3-5 days	3 months	
perch, sea trout, striped			
bass			
Salmon steaks	3-5 days	2 months	
Cooked fish	5-7 days	N.R.	

VEGETABLES

Asparagus	2-3 days	8-12 months	Freeze vegetables in moisture- and vapor-proof materials. Refer to Extension publications.
Beans, green or wax	1 week	8-12 months	
Beets, carrots, broccoli	3-5 days	8-12 months	
Cabbage, celery	1-2 weeks	N.R.	
Cauliflower	1 week	8-12 months	
Corn, in husks	1 day		
without husks		8-12 months	
Cucumbers	1 week	N.R.	
Lettuce, other salad greens	1 week	N.R.	Store in bag or lettuce keeper.
Mushrooms	1-2 days	8-12 months	Do not wash before refrigerator storage.
Okra	3-5 days	8-12 months	
Onions, green	3-5 days	N.R.	
Peas, lima beans, unshelled	3-5 days	8-12 months	Store unshelled in refrigerator until used.
Peppers	1 week	8-12 months	
Radishes	2 weeks	N.R.	
Tomatoes, ripe	5-6 days	8-12 months	Follow recommended procedures. Use as canned tomatoes.

MISCELLANEOUS

Baby food	2-3 days	N.R.	Store covered. Do not feed baby from jar. Reheat only enough for one feeding. Freeze homemade baby food in ice cube trays, covered, 2-4 weeks.
Soups, stews	2-3 days	4-6 months	
Sandwiches	2-3 days	1 month	
Casseroles	1-2 days	1 month	
Ground spices	6 months*	6-12 months	Can be stored in cupboard.
Candies	Not necessary	3-6 months	Chocolates may discolor.
Salad dressings, opened	Several months	N.R.	

N.R. = Not Recommended.

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

Adapted from publications prepared by USDA and by the University of Wisconsin Extension Service.

Karen Pesaresi Penner
Professor and Specialist, Food Science



Cooperative Extension Service, Kansas State University, Manhattan

L-805

March 1990

Issued in furtherance of Cooperative Extension Work, acts of May 8 and June 30, 1914, as amended. Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, Richard D. Wootton, Associate Director. All educational programs and materials available without discrimination on the basis of race, color, national origin, sex, age, or disability.

File Code: Food and Nutrition—4

JR 3-95—5M; 3-90—7M