



HOW LONG STUFF LASTS!

IN THE FRIDGE AND FREEZER

Meat and Fish

Bacon, Sausage Links & Patties
 Chicken (Whole, Fresh).....
 Chicken (Parts, Fresh).....
 Crabmeat, Lobster (Fresh).....
 Eggs (Fresh, In Shell).....
 Eggs (Fresh, Yolks & Whites).....
 Eggs (Hard-cooked)
 Fish
 Hot Dogs.....
 Lunch Meat
 Meat (Fresh)
 Meat (Ground).....
 Sausage.....
 Shrimp

FRIDGE

7 days.....
 1-2 days.....
 1-2 days
 2-4 days
 3-5 weeks.....
 2-4 days
 1 week
 1-2 days
 2 weeks unopened or ..
 1 week opened
 2 weeks unopened or...
 3-5 days opened
 3-5 days
 1-2 days
 1-2 days
 3-5 days

FREEZER

1 month
 1 year
 9 months
 2-4 months
 do not freeze
 12 months
 do not freeze
 varies
 1-2 months
 1-2 months
 4-12 months
 3-4 months
 1-2 months
 6-18 months

Leftovers and Prepared

Store leftovers in the fridge for 3-4 days or you can freeze most leftovers for 4 months. If you don't think you will be able to eat leftovers within 4 days, it's best to freeze them to enjoy later. Store prepared salads (Egg, Chicken, Tuna, Macaroni, etc.) for 3-5 days in the fridge; do not freeze.

Produce

If stored properly, produce can last for many days to weeks. Proper storage of fresh produce varies. Here is a [good storage overview](#) from South Dakota State. Discard your produce when it shows signs of spoilage such as foul odors, slimy texture, mold, multiple bruises or soft spots, or if it is mushy or overly wilted.

Some More Tips

- Ensure your fridge is set to 40F or below and your freezer is set to 0F.
- Refrigerate foods within 2 hours of cooking to avoid the “danger zone,” a temperature zone in which potentially harmful bacteria flourish and can cause food-borne illness.
- Common Label Meanings:
 - **'Best if Used By' or 'Best if Used Before'**: This refers to the quality of the product. It has no purchase or food safety implications.
 - **'Sell By'**: This date shares information with the vendor or store for how long to keep the item on sale. It has no implications for food safety.
 - **'Use By'**: The date at which the manufacturer has determined the product will be at peak, optimal quality. It has no implications on food safety, except when used on baby formula.
 - **'Freeze By'**: The date when the item is best to freeze by or before to maintain peak, optimal quality. It has no food safety or purchase date implications.

Resources:

For more information, visit the [USDA](#) and [FoodSafety.gov](#) websites.



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