

STORAGE

REFRIGERATED FOODS

Refrigeration slows but does not prevent bacterial growth. Therefore, it's important to use food before it spoils or becomes dangerous. For raw ground meats, poultry, seafood and variety meats (liver, tongue, chitterlings, etc.), refrigerate them only 1 to 2 days before either cooking or freezing. Beef, veal, lamb and pork roasts, steaks and chops may be kept 3 to 5 days. After cooking, meat, poultry and seafood can be safely stored in the refrigerator 3 to 4 days.

FROZEN FOODS

This Freezer Storage Chart shows how long foods can be stored in the freezer at 0 °F (degrees Fahrenheit) for best quality. Food stored constantly at 0 °F will always be safe.

| Item | Months |
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| Bacon and sausage | 1 to 2 |
| Casseroles | 2 to 3 |
| Egg whites or egg substitutes | 12 |
| Fish (uncooked) | 3 to 8 |
| Fish (cooked) | 3 |
| Frozen dinners and entrees | 3 to 4 |
| Gravy (meat or poultry) | 2 to 3 |
| Ham, hotdogs, and lunch meats | 1 to 2 |
| Meat (uncooked roasts) | 4 to 12 |
| Meat (uncooked steaks or chops) | 4 to 12 |
| Meat (uncooked ground) | 3 to 4 |
| Meat (cooked) | 2 to 3 |
| Poultry (uncooked whole) | 12 |
| Poultry (uncooked parts like breasts, thighs, etc.) | 9 |
| Poultry (uncooked giblets) | 3 to 4 |
| Poultry (cooked) | 4 |
| Soups and stews | 2 to 3 |
| Shellfish (uncooked) | 3 to 12 |
| Wild game (uncooked) | 8 to 12 |