MAKES GOOD FOOD™ SAFE FOOD BETTER

FOODSAFE™ IS A PROGRAM OF THE PROVINCE OF BRITISH COLUMBIA

Recommended storage times			
Type of food	**Food**	**Maximum storage period Refrigerated at 4°C (40°F) or lower**	**Maximum storage period Frozen -18°C (0°F) or lower**
Fresh meat and poultry (raw)	Beef	2 to 4 days	10 to 12 months
	Pork	2 to 4 days	8 to 12 months
	Lamb	2 to 4 days	8 to 12 months
	Veal	3 to 4 days	8 to 12 months
	Ground meat	1 to 2 days	2 to 3 months
	Chicken/turkey - whole	2 to 3 days	1 year
	Chicken/turkey - pieces	2 to 3 days	6 months
Fresh fish	Raw lean fish (cod, flounder, etc.)	3 to 4 days	6 months
	Raw fatty fish (salmon, etc.)	3 to 4 days	2 months
	Raw shellfish (clams, crab, lobster, etc.)	12 to 24 hours	2 to 4 months
	Raw scallops and shrimp, cooked shellfish (clams, crab, lobster, etc.)	1 to 2 days	2 to 4 months
Ham	Canned ham	6 to 9 months	Do not freeze
	Cooked ham	3 to 4 days	2 to 3 months
Bacon and sausages	Bacon	1 week	1 month
	Raw Sausage	1 to 2 days	1 to 2 months
	Cooked sausage links or patties	1 week	1 to 2 months

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Hot dogs	Unopened hotdogs	2 weeks	1 to 2 months
	Opened hotdogs	1 week	1 to 2 months
Lunch meat and deli food	Un-opened lunch meat	2 weeks	1 to 2 months
	Opened lunch meat	3 to 5 days	1 to 2 months
	Deli packaged lunch meat	3 to 4 days	2 to 3 months
	Deli or homemade salads	3 to 5 days	Do not freeze
Leftovers	Cooked meat, stews, egg or vegetable dishes	3 to 4 days	2 to 3 months
	Cooked poultry and fish	3 to 4 days	4 to 6 months
	Meat broth and gravy	3 to 4 days	4 to 6 months
	Soups	2 to 3 days	4 months
Frozen dinners	Keep frozen until ready to cook		3 to 4 months
Eggs	Fresh in shell	3 to 4 weeks	Do not freeze
	Fresh out of shell	2 to 4 days	4 months
	Hard-cooked	1 week	Does not freeze well
	Egg substitutes un-opened	10 days	1 year
	Egg substitutes opened	3 days	Do not freeze

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Dairy products	Unopened milk	Best before date	6 weeks
	Opened milk	3 days	Do not freeze
	Unopened cottage cheese	Best before date	Does not freeze well
	Opened cottage cheese	3 days	Do not freeze
	Unopened yogurt	Best before date	1 to 2 months
	Opened yogurt	3 days	Do not freeze
	Soft cheese	1 week	Does not freeze well
	Semi-soft cheese	2 to 3 weeks	8 weeks
	Firm cheese	5 weeks	3 months
	Hard cheese	10 months	1 year
	Processed cheese	5 months	3 months
	Un-opened salted butter	8 weeks	1 year
	Un-opened unsalted butter	8 weeks	3 months
	Opened butter	3 weeks	Do not freeze

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Fresh vegetables	Beans - green or waxed	5 days	8 months
	Carrots	2 weeks	10 to 12 months
	Celery	2 weeks	10 to 12 months
	Leaf lettuce	3 to 7 weeks	Do not freeze
	Iceberg lettuce	1 to 2 weeks	Do not freeze
	Spinach	2 to 4 weeks	10 to 12 months
	Summer squash	1 week	10 to 12 months
	Winter squash	2 weeks	10 to 12 months
	Tomatoes	Do not refrigerate	2 months
	Bulb onions	2 months (if refrigerated from date of purchase)	10 to 12 months (if frozen from date of purchase)
	Spring or green onions	1 week (if refrigerated from date of purchase)	10 to 12 months (if frozen from date of purchase)
	Garlic (cloves)	3 to 14 days	1 month
Other	Commercial dough (bread or cookie)	3 to 4 days	12 months (if frozen from date of purchase)