

## Refrigerated & Frozen Storage Guidelines

DAIRY STORAGE GUIDELINES			
Milk, Cream, and Cheese	Storage Times		How to Store
	On Refrigerator shelves 35-40°F (2-4°C)	In Freezer 0°F (-18°C) stored in MVP* materials	
Cheeses; natural hard, semi-hard processed (cheddar, swiss, parmesan, brick, bleu, etc.)	1 month. If mold forms, cut off.	Freezing affects texture. Still suitable for cooking. Thaw in refrigerator. Do not freeze soft cheeses.	Shredded cheeses: refrigerate in original package. Block / brick cheeses, remove from packaging if loosely packed and wrap tightly in plastic wrap removing as much air as possible to avoid air exposure thus mold growth or drying out. If wax or canvas coated, leave as much original coating as possible, store in MVP bag, wrap or container to avoid air exposure thus mold growth or drying out.
Cheeses, soft such as; cream, cottage, limburger, camembert	1 week	Freezing not recommended; texture may change.	Refrigerate tightly covered.
Cheese Spreads	1 month	Do not freeze.	Refrigerate tightly covered.
Custards, Puddings, Cream and Custard Fillings	5-6 days	Do not freeze.	Cool cooked dishes quickly and refrigerate within 2 hours. Refrigerate cold dishes immediately after preparation.
Milk Drinks; Pasteurized Fresh Whole or Skimmed Milk, Sweet Cream, Flavored Milk Drinks	Unopened cartons; up to expiration date. Opened for 1 week.	Do not freeze. (Change of texture, body appearance. Separation of fat emulsion.)	Refrigerate immediately in original container. Keep container closed.
Ice Cream	Do not store here.	1 - 2 months or up to 'best by' date.	Store in original container in freezer or transfer to a MVP container.
Milk, evaporated (opened)	1 week	Do not freeze.	Refrigerate tightly covered.
Milk, homogenized, reconstituted dry nonfat and skimmed	1 week	Do not freeze.	Keep containers tightly closed. Don't return unused milk to original containers.
Milk, sweetened & condensed milk	1 week	Do not freeze.	Opened: Keep covered. (Unopened: See Canned Goods)
Sour Cream, Butter, Milk, Cultured Milk	2 weeks	Butter made from pasteurized cream - 3 to 4 months. Do not freeze others.	Refrigerate immediately in original container. Keep container closed.
Whipped topping	Aerosol cans: 3 months Prepared from mix: 3 days Bought frozen and thawed: 2 weeks	Do not freeze.	Keep covered.
Yogurt	Up to expiration date	Do not freeze.	Keep covered.

\* MVP - moisture and vapor-proof paper.

EGG PRODUCTS STORAGE GUIDELINES			
Egg and Egg Dishes	Storage Times		How to Store
	On Refrigerator shelves 35-40°F (2-4°C)	In Freezer 0°F (-18°C) stored in MVP* materials	
Egg Salads, stuffed	1 day	Do not freeze.	Refrigerate immediately after preparation, keep in refrigerator until ready to use.
Fresh in shell	1 week	Do not freeze.	Refrigerate. Store carton as purchased or small end down in dry, covered container.
Hard-Cooked in shell	4-5 days	Do not freeze.	Refrigerate in covered container.
Hard-Cooked, shelled	5 days	Do not freeze. The white changes in flavor and becomes tough.	Refrigerate in covered container.
Liquid egg substitutes	1 week or up to expiration date on package	1 year or up to expiration date on package.	Keep in tightly covered container.
Yolks, separated	1-2 days	6-12 mos. (Gently mix yolks & mix with 1 T. sugar or 1 t salt each yolk.)	
Whites, separated	Several weeks; good for baking.	6-12 months	Refrigerate. Keep in tightly covered container.

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FISH STORAGE GUIDELINES			
Fish and Shellfish	Storage Times		How to Store
	On Refrigerator shelves 35-40°F (2-4°C)	In Freezer 0°F (-18°C) stored in MVP* materials	
Fresh Fish	1-2 days. (2- 4 HOURS if intended to be eaten raw. Fish should be procured from a reputable supplier and should be checked for freshness before raw consumption is considered. If in doubt, cook.)	2-3 months	Refrigerate. Wrap loosely in waxed paper or aluminum foil; store in covered container.
Cooked Fish	1-2 days	1 month	Refrigerate tightly wrapped in a covered container.
Fish Salads and Sandwich Fillings	1 day	Do not freeze.	Refrigerate immediately after preparation, until ready to use.
Bisques, Broth, Chowders, Stews	1-2 days	3-6 months	Refrigerate immediately after cooking. Cover before refrigerating.
Frozen Fish	Use immediately.	3-6 months	Refrigerate in original container.

Smoked, Light such as Smoked Salmon	1-2 days. Lox will keep for 3 days.	Freezing not recommended. After 6 months loses quality.	Refrigerate tightly wrapped in covered container.
Smoked, Heavy (Kippered Cod, Smoked Whiting)	6-7 days	6 mos.	Refrigerate tightly wrapped in covered container.
Dried or Pickled	1 week	6 mos.	Refrigerate tightly wrapped or in covered container.
Crab, King		18 months	Keep in original wrap.
Clams	1 day, shucked; 2 days, in shell	3 months	
Crab, in shell	2 days		
Lobster tails	2 days, in shell	3 months	
Scallops	1 day	3 months	
Oysters	1 day	4 months	
Shrimp	1 day, fresh (uncooked)	3 months, TV dinners; 12 months, frozen	

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MEAT STORAGE GUIDELINES			
MEATS	Storage Times		HOW TO STORE
	On Refrigerator shelves 35-40°F (2-4°C)	In Freezer 0°F (-18°C) stored in MVP* materials	
Bacon, sliced	Unopened: 2 weeks Opened: 5-7 days	DO NOT FREEZE – Fats develop oxidative rancidity.	Keep tightly wrapped in original package or aluminum foil. Store in coldest part of refrigerator or in meat keeper.
Broiled, fried or roaster meat and gravies made with meat stock	2-3 days	2-3 months	Cool and refrigerate immediately. Wrap tightly in waxed paper or aluminum foil; or store in tightly covered container.
Cold cuts	Unopened: 4-7 days Opened: 3-5 days	DO NOT FREEZE. – Fats develop oxidative rancidity.	Keep wrapped. Store in coldest part of refrigerator.
Frozen packaged meats	2-3 days	3-4 months	Store in original container. After thawing, cook promptly.
Ground Meat, RAW	1-2 days	3-4 months	Store like roasts, steaks, etc.
Livers, Heart, Kidneys and other variety meats, RAW	1-2 Days	3-4 months	Store like roasts, steaks, etc.
Meat pies, cooked stews, casseroles containing meat, meat salads	2-3 days	2-3 months	Cool and refrigerate immediately in a covered container. Use as soon as possible. Cover and refrigerate immediately.
Roast, Steaks, Chops, Smoked, RAW	Chops: 3-4 days Fresh Pork: 3 days Roast: 2-5 days Smoked Ham: 1 week Steaks: 2-5 days Stew Meat: 1-2 days	Beef & Lamb: 6-9 Months Fresh Pork: 2 Months Veal: 3-4 Months Smoked Hams: 1-2 Months**	Refrigerate immediately in retail packages or wrap loosely in fresh waxed paper or aluminum foil to allow for air circulation. Store in coldest part of the refrigerator. For freezing, wrap in aluminum foil or freezer paper.

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POULTRY PRODUCTS STORAGE GUIDELINES			
Poultry	Storage Times		How to Store
	On Refrigerator shelves 35-40°F (2-4°C)	In Freezer 0°F (-18°C) stored in MVP* materials	
Cooked Poultry	2-3 days	4 months	Cool and refrigerate within 2 hours after cooking. Remove stuffing from roast poultry. Store separately both poultry and stuffing and refrigerate. Wrap closely or tightly covered.
Duck	2 days	6 months	
Fresh Poultry, Cut in pieces	1-2 days For best quality, do not store; cook same day purchased.	6 months	Refrigerate. Wipe dry, if necessary, and wrap loosely or store in covered container.
Fresh Poultry, whole	1-2 days For best quality, do not store; cook same day purchased.	4 months	Rinse cavity thoroughly with cold water. Wipe dry. Refrigerate loosely wrapped in wax paper, aluminum foil, or in covered container. Remove wrappings from ready-to-cook poultry. If bloody, wipe dry and store in fresh wrapping material or covered dish.
Poultry, frozen	2 days, after defrosting	4 months	Refrigerate in original container, or well covered.
Poultry, Pies, Stews, Creamed Dishes, and gravies made with poultry stock, cooked.	2-3 days	4 months	Cool and refrigerate within 30 minutes after cooking. Cover when cold. Reheat to boiling point when ready to use.
Poultry Salads	1 day	Do not freeze.	Refrigerate immediately after preparation.
Poultry stuffing (if cooked in bird. For safest consumption and longest storage; cook stuffing separately from bird.)	1 day	Do not freeze.	Cool and refrigerate immediately. Stuff bird just before roasting.

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*Disclaimer; The guidelines listed above are minimum standards which solely depend upon proper food handling, temperature and light exposure, and exercise of common sense. Improper handling, storage, temperature and light exposure, and exposure to infestation negate all recommended standards and no food should be consumed as a result. Linda Durham, Organizing Matters, is not responsible for intentional or accidental oversight of proper food care, handling, storage or preparation, common sense nor any of the resulting consequences.*