



Cold Food Storage Guide

Food	Type	Refrigerator [40°F or below]	Freezer [0°F or below]
Prepared cold salads	Egg, chicken, ham, tuna and macaroni salads	3 to 4 days	Does not freeze well
Hot dogs	Opened package	1 week	1 to 2 months
	Unopened package	2 weeks	1 to 2 months
Luncheon meat	Opened package or deli sliced	3 to 5 days	1 to 2 months
	Unopened package	2 weeks	1 to 2 months
Bacon and sausage	Bacon	1 week	1 month
	Sausage, raw, from chicken, turkey, pork or beef	1 to 2 days	1 to 2 months
	Sausage, fully cooked, from chicken, turkey, pork or beef	1 week	1 to 2 months
	Sausage, purchased frozen	After cooking, 3 to 4 days	1 to 2 months from date of purchase
Hamburger, ground meats and ground poultry	Hamburger, ground beef, turkey, chicken, other poultry, veal, pork, lamb and mixtures of them	1 to 2 days	3 to 4 months
Fresh beef, veal, lamb and pork	Steaks	3 to 5 days	4 to 12 months
	Chops	3 to 5 days	4 to 12 months
	Roasts	3 to 5 days	4 to 12 months
Fresh poultry	Chicken or turkey, whole	1 to 2 days	1 year
	Chicken or turkey, pieces	1 to 2 days	9 months
Fin fish	Fatty fish (bluefish, catfish, mackerel, mullet, salmon, tuna, etc.)	1 to 3 days	2 to 3 months
	Lean fish (cod, flounder, haddock, halibut, sole, etc.)		6 to 8 months
	Lean fish (pollock, ocean perch, rockfish, sea trout)		4 to 8 months
Shellfish	Fresh crab meat	2 to 4 days	2 to 4 months
	Fresh lobster	2 to 4 days	2 to 4 months
	Live crab, lobster	1 day	Not recommended
	Live clams, mussels, oysters or scallops	5 to 10 days	Not recommended
	Shrimp, crayfish	3 to 5 days	6 to 18 months
	Shucked clams, mussels, oysters or scallops	3 to 10 days	3 to 4 months
	Squid	1 to 3 days	6 to 18 months
Soups and stews	Vegetable or meat added	3 to 4 days	2 to 3 months
Leftovers	Cooked meat or poultry	3 to 4 days	2 to 6 months
	Chicken nuggets or patties	3 to 4 days	1 to 3 months
	Pizza	3 to 4 days	1 to 2 months