

How long is my food safe?

Food	Refrigerated	Frozen
Butter	1-3 months	6-9 months
Cheeses, hard (cheddar, swiss)	6 months unopened, 3-4 wks opened	6 months
Eggs, in shell	3-5 weeks	Do not freeze
Milk, plain or flavored	1 week	3 months
Yogurt	7-14 days	1-2 months
Fish (frozen)	1-2 days after thaw	6 months
Meat: beef, lamb, pork chops	3-5 days	4-12 months
Chicken or turkey, whole or parts	1-2 days	12 months
Chicken nuggets or patties	1-2 days	1-3 months
Fruit	Varies	4-6 months
Pancakes, Waffles (frozen)	3-4 days	2 months
Vegetables	Varies	8 months
Bread (2-4 days on shelf)	7-14 days	3 months

Storing food correctly preserves the quality and keeps it safe. Food is good longer than the date on the package. Use this guide to determine how long you can keep and use some common pantry foods.

Contact Foodlink's dietitian if you have questions regarding food storage: 585.328.3380 x 151

Information from: "The Food Keeper" from the Food Marketing Institute

Shelf stable foods	Unopened in pantry	Refrigerator after opening
Beans, dried	12 months	
Canned goods, low acid (such as meat, poultry, gravy, stew, soups, beans, carrots, corn, pasta, peas, potatoes, spinach)	2-5 years	3-4 days
Canned goods, high acid (such as juices, fruit, pickles, sauerkraut, tomato soup, and foods in vinegar-based sauces)	12-18 months	5-7 days
Cereal, ready to eat	6-12 months	
Cereal, cook before eating	12 months	
Flour, white	6-12 months	6-8 months
Flour, whole wheat	1 month	6-8 months
Salad dressings	10-12 months	3 months
Cookies, packaged	2 months	8-12 months (frozen)
Crackers	8 months	3-4 months
Jams, jellies, honey	12 months	6 months
Milk, canned or evaporated	12 months	4-5 days
Oils	6 months	
Pasta	2 years	
Potatoes, instant	6-12 months	
Rice	Up to 2 years	6 months
Spaghetti sauce in jar	18 months	4 days
Peanut butter	6-9 months	