

# Storing foods at home

Keep food safe by storing foods properly. Follow these guidelines for storing food in the cupboard, refrigerator and freezer. Buy and prepare quantities that you can use before food spoils.

## Cupboard storage chart

Food	Recommended storage time at 70 degrees F	Handling hints
Biscuit, brownie, cakes, muffin mix	9 months	Keep cool and dry
Canned fruit juice	9 months	Keep cool
Casseroles, complete or add your own meat	9 to 12 months	Keep cool and dry
Catsup, chili sauce unopened opened	12 months* 1 month	Refrigerate for longer storage
Cereals, ready-to-eat unopened opened	6 to 12 months* 2 to 3 months	Refold package liner after opening
Crackers	3 months	Keep box tightly closed
Flour (white) whole wheat	6 to 8 months 6 to 8 months	Store in airtight container Keep refrigerated and store in airtight container
Mayonnaise, unopened	2 to 3 months	Refrigerate after opening
Milk condensed or evaporated, unopened nonfat dry, unopened nonfat dry, opened	12 months 6 months* 3 months	Turn cans upside down every 2 months. Store in airtight container
Pancake mix	6 to 9 months	Store in airtight container
Peanut butter unopened opened	6 to 9 months* 2 to 3 months	Refrigeration not needed Keeps longer if refrigerated Serve at room temperature
Peas, beans-dried	12 months	Store in airtight container in cool place
Popcorn	2 years	Store in airtight container
Rice, brown white	6 months 2+ years	Keep tightly closed
Spices and herbs whole ground, herbs, blends	2 years 6 months	Store in airtight containers in dry places away from sunlight and heat. If aroma fades, replace. Whole cloves, nutmeg and cinnamon can keep for more than 2 years.
Sugar brown granulated	4 months 2+ years	Put in airtight container Cover tightly

\* Total time unopened product can be stored at home.

Source: <http://www.oznet.k-state.edu/humannutrition/hrap/storage/cupstor.htm> accessed 6/09

# Freezer/refrigerator chart

## Freezer 0 degrees F

### Meat, poultry, fish, eggs

Chicken, turkey pieces	9 months
Cooked meat and casseroles	2 to 3 months
Eggs, in shell	Don't freeze
Fish	
Lean fish	6 months
Fatty fish	2 to 3 months
Cooked fish	4 to 6 months
Ground meat	3 to 4 months
Steak: beef, pork chops roasts	6 to 12 months 4 to 6 months 4 to 12 months
Ham, canned and labeled "Keep refrigerated" opened unopened	1 to 2 months Doesn't freeze well
Ham, cooked, dated and undated unopened	2 months
Ham, fully cooked whole, half, slices	1 to 2 months
Hot dogs	1 to 2 months
Luncheon meats unopened and opened	1 to 2 months

### Milk

Cheese, hard	6 months
Milk	3 months

### Other

Butter	6 to 9 months
Egg, chicken, ham, tuna, macaroni salads	Don't freeze well
Margarine	12 months
Mayonnaise	Don't freeze

Note: These short but safe time limits will help keep refrigerated foods from spoiling or becoming dangerous to eat.

Source: [fightbac.org/content/view/186/](http://fightbac.org/content/view/186/) accessed 6/09

## Refrigerator 40 degrees F

### Meat, poultry, fish, eggs

Chicken, turkey pieces	1 to 2 days
Cooked meat and casseroles	3 to 4 days
Eggs, in shell	3 to 5 weeks
Raw egg yolk, white	2 to 4 days
Hardcooked egg	1 week
Liquid pasteurized, egg substitutes	
opened	3 days
unopened	10 days
Fish	
Lean fish	1 to 2 days
Fatty fish	1 to 2 days
Cooked fish	3 to 4 days
Ground Meat	1 to 2 days
Steak – beef, pork	3 to 5 days
Ham, canned and labeled "Keep refrigerated" opened unopened	3 to 5 days 6 to 9 months
Ham, vacuum sealed undated and unopened dated, unopened	2 weeks use by date on package
Ham fully cooked whole half slices	7 days 3 to 5 days 3 to 4 days
Hot dogs opened unopened	1 week 2 weeks
Luncheon meats, opened unopened	3 to 5 days 2 weeks

### Milk

Cheese, hard opened unopened	3 to 4 weeks 6 months
Milk	7 days

### Other

Butter	1 to 3 months
Egg, chicken, ham, tuna, macaroni salads	3 to 5 days