



# Is Your Food Safe?

Food Storage  
Safety Chart

[www.taylorourhealth.com](http://www.taylorourhealth.com)

# Food Storage Safety Chart

| <b>Eggs</b>   | refrigerator | freezer      |
|---|--------------|--------------|
| Fresh, in shell   | 3-5 weeks    | don't freeze |
| Whites & yolks, raw   | 2-4 days     | 1 year       |
| Hard boiled   | 1 week       | don't freeze |
| Egg substitute  |              |              |
| opened  | 3 days       | don't freeze |
| unopened  | 10 days      | 1 year       |
| Mayonnaise  | 2 months     | don't freeze |
| Deli salads made with mayonnaise<br>Egg, chicken, ham, macaroni, potato, etc. | 3-5 days     | don't freeze |

## Hot Dogs & Lunch Meat

|            |          |            |
|------------|----------|------------|
| Hot dogs   |          |            |
| opened     | 1 week   | 1-2 months |
| unopened   | 2 weeks  | 1-2 months |
| Lunch meat |          |            |
| opened     | 3-5 days | 1-2 months |
| unopened   | 2 weeks  | 1-2 months |

## Bacon, Sausage & Ground Meat

|                      |          |            |
|----------------------|----------|------------|
| Bacon                | 7 days   | 1 month    |
| Sausage, raw         | 1-2 days | 1-2 months |
| Smoked sausage links | 7 days   | 1-2 months |
| Summer sausage       |          |            |
| opened               | 3 weeks  | 1-2 months |
| unopened             | 3 months | 1-2 months |
| Ground meat          | 1-2 days | 3-4 months |

## Seafood

|                        |          |            |
|------------------------|----------|------------|
| Fish, lean (cod, sole) | 1-2 days | 6 months   |
| Fish, fatty (salmon)   | 1-2 days | 3-4 months |
| Cooked fish            | 3-4 days | 4-6 months |
| Shellfish              |          |            |
| uncooked               | 1-2 days | 3-6 months |
| cooked                 | 3-4 days | 3 months   |

| <b>Meats</b>          | refrigerator | freezer     |
|-----------------------|--------------|-------------|
| Chicken, uncooked     | 1-2 days     | 9 months    |
| Chicken, fried        | 3-4 days     | 4 months    |
| Chicken, w/gravy      | 1-2 days     | 6 months    |
| Chicken nuggets       | 1-2 days     | 1-3 months  |
| Beef steaks, uncooked | 3-5 days     | 6-12 months |
| Beef roasts, uncooked | 3-5 days     | 4-12 months |
| Ham, fully cooked     |              |             |
| whole                 | 7 days       | 1-2 months  |
| half                  | 3-5 days     | 1-2 months  |
| slices                | 3-4 days     | 1-2 months  |

|   |            |              |
|---|------------|--------------|
| Ham, canned (labeled keep refrigerated) |            |              |
| opened                                  | 3-5 days   | 1-2 months   |
| unopened                                | 6-9 months | don't freeze |

|            |          |            |
|------------|----------|------------|
| Pork chops | 3-5 days | 4-6 months |
|------------|----------|------------|

## Dairy

|                               |            |            |
|-------------------------------|------------|------------|
| Butter                        | 1-3 months | 6-9 months |
| Cheese, hard (cheddar, swiss) |            |            |
| unopened                      | 6 months   | 6 months   |
| opened                        | 3-4 weeks  | 6 months   |
| Cheese, soft                  | 1 week     | 6 months   |

|                |        |              |
|----------------|--------|--------------|
| Cottage cheese | 1 week | don't freeze |
|----------------|--------|--------------|

|              |         |              |
|--------------|---------|--------------|
| Cream cheese | 2 weeks | don't freeze |
|--------------|---------|--------------|

|           |            |           |
|-----------|------------|-----------|
| Margarine | 4-5 months | 12 months |
|-----------|------------|-----------|

|      |        |          |
|------|--------|----------|
| Milk | 7 days | 3 months |
|------|--------|----------|

|            |           |              |
|------------|-----------|--------------|
| Sour cream | 7-21 days | don't freeze |
|------------|-----------|--------------|

|        |           |            |
|--------|-----------|------------|
| Yogurt | 7-14 days | 1-2 months |
|--------|-----------|------------|

## Other Leftovers

|       |          |            |
|-------|----------|------------|
| Pizza | 3-4 days | 1-2 months |
|-------|----------|------------|

|          |          |         |
|----------|----------|---------|
| Stuffing | 3-4 days | 1 month |
|----------|----------|---------|

|                |          |            |
|----------------|----------|------------|
| Soups or stews | 3-4 days | 2-3 months |
|----------------|----------|------------|

## Food Safety Tips

### When shopping

- Check package dates
- Never buy:
  - cracked eggs
  - dented, swollen cans
  - damaged packaging
- Make sure frozen foods have not been thawed
- Don't let meats leak onto other foods

### When cooking

- Wash your hands often
- Keep meats away from other food
- Clean your cutting surfaces
- Cook to proper temperatures
- Refrigerate foods quickly

If in DOUBT

Throw it  
OUT!

