



Mrs. Cookwell's Steamin' Hot

Food Safety Tips



CANADIAN PARTNERSHIP FOR
CONSUMER FOOD SAFETY EDUCATION
PARTENARIAT CANADIEN POUR
LA SALUBRITÉ DES ALIMENTS

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Keep it Safe! Follow the “Best Before” date!

Refrigerator and Freezer Storage Chart

	Refrigerator 4°C (40°F)	Freezer -18°C (0°F)
Fresh Meat		
Beef – Steaks, Roasts	2-4 days	10-12 months
Pork-Chops, Roasts	2-4 days	8-12 months
Lamb-Chops, Roasts	2-4 days	8-12 months
Veal Roasts	3-4 days	8-12 months
Ground Meat	1-2 days	2-3 months
Fresh Poultry		
Chicken, Turkey – whole	2-3 days	1 year
Chicken, Turkey – pieces	2-3 days	6 months
Fresh Fish		
Lean fish (e.g., cod, flounder)	3-4 days	6 months
Fatty fish (e.g., salmon)	3-4 days	2 months
Shellfish (e.g., clams, crab, lobster)	12-24 hours	2-4 months
Scallops, Shrimp, Cooked Shellfish	1-2 days	2-4 months
Ham		
Canned ham	6-9 months	Don't Freeze
Ham, fully cooked (half & slices)	3-4 days	2-3 months
Bacon & Sausage		
Bacon	1 week	1 month
Sausage, raw (pork, beef, turkey)	1-2 days	1-2 months
Pre-cooked, smoked links or patties	1 week	1-2 months
Leftovers		
Cooked meat, stews, egg or vegetable dishes	3-4 days	2-3 months
Gravy & meat broth	1-2 days	2-3 months
Cooked poultry and fish	3-4 days	4-6 months
Soups	2-3 days	4 months

	Refrigerator 4°C (40°F)	Freezer -18°C (0°F)
Hot Dogs & Lunch Meats		
Hotdogs	2 weeks	1-2 months
Opened	1 week	
Lunch meats	2 weeks	1-2 months
Opened	3-5 days	1-2 months
Deli Foods		
Deli meats	3-4 days	2-3 months
Store-prepared or homemade salads	3-5 days	Don't freeze
TV Dinners / Frozen Casseroles		
Keep frozen until ready to serve		3-4 months
Eggs		
Fresh – in shell	3-4 weeks	Don't Freeze
out of shell	2-4 days	4 months
Hardcooked	1 week	Doesn't freeze well
Egg substitutes,	10 days	1 year
Opened	3 days	Don't freeze
Dairy Products		
Milk	Check <i>Best Before</i> date	6 weeks
Opened	3 days	
Cottage cheese	Check <i>Best Before</i> date	Doesn't freeze well
Opened	3 days	
Yogurt	Check <i>Best Before</i> date	1-2 months
Opened	3 days	
Cheese		
Soft	1 week	Doesn't freeze well
Semi-soft	2-3 weeks	8 weeks
Firm	5 weeks	3 months
Hard	10 months	Up to a year
Processed	Several months	3 months
Opened	3-4 weeks	Don't freeze
Butter	8 weeks	Salted – 1 year
		Unsalted – 3 months
Opened	3 weeks	Don't freeze
Commercial mayonnaise		
(refrigerate after opening)	2 months	Don't freeze
Vegetables		
Beans, green or waxed	5 days	8 months
Carrots	2 weeks	10-12 months
Celery	2 weeks	10-12 months
Lettuce, leaf	3-7 days	Don't freeze
Lettuce, iceberg	1-2 weeks	Don't freeze
Spinach	2-4 days	10-12 months
Squash, summer	1 week	10-12 months
Squash, winter	2 weeks	10-12 months
Tomatoes	Not recommended	2 months