

# Fresh Food Storage Guidelines For Refrigerator {Cheat Sheet}

Note: Always Look At Expiration Dates And "When In Doubt, Throw It Out"

Fruit	Time
Apples	1 month
Apricots, avocados, grapes, melons, nectarines, peaches, pears, plums	5 days
Berries and cherries	3 days
Citrus fruit	3 weeks
Juices (once opened)	6 days
Pineapple	4 days

Vegetables	Time
Asparagus, corn, lima beans, peas	3 days
Beets, carrots, radishes, turnips	2 weeks
Broccoli, brussel sprouts, green onions, leafy greens such as lettuce, spinach, etc.	5 days
Cabbage, cauliflower, celery, cucumber, eggplant, green beans, peppers, tomatoes	1 week

Dairy and Eggs	Time
Butter	2 months
Buttermilk, sour cream, yogurt	2 weeks

Dairy and Eggs	Time
Cottage and ricotta cheese	1 week
Cream cheese & slices (opened)	2 weeks
Hard cheese (unopened)	6 months
Shredded cheese (once opened)	1 week
Milk and cream	1 week
Eggs (in shells)	1 month
Egg whites or yolks (no shells)	4 days

Meats (before cooking)	Time
Steaks, pork chops, roasts	3 days
Ground meats and stew meats	2 days
Poultry	2 days
Seafood	1-2 days
Bacon	2 weeks
Sausage (fresh)	2 days
Ham (whole)	1 week
Ham slices	3 days
Luncheon meats (once opened)	5 days

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Condiments	Time
Jellies and jams (once opened)	8 months
Ketchup (opened)	5 months
Mayonnaise (opened)	2 months
Mustard (opened)	1 year
Nuts	6 months
Pickles and olives	3 months
Salad dressings	3 months
Leftovers / After Opening	Time
Cakes and pies	2 days
Casseroles and stuffings	3 days
Coffee (ground)	2 weeks
Mayonnaise based salads (i.e., potato salad, coleslaw, etc.)	3-5 days
Cooked meats	3 days
Pizza	3 days
Soups and stews	3 days
Wine (for drinking)	3 days
Wine (for cooking)	3 months

The estimates provided are that, only estimates. Read all information on packaging regarding expiration and use by dates, and how long the item is safe to consume after opening. If a date on a package is shorter or longer than the dates listed, rely on the dates on the package instead.

Also, use your senses of sight and smell to be sure food is safe to eat. Even if it says it's within the expiration date periods, if it smells or looks funny throw it out!

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