

FOOD STORAGE CHART

The following chart provides general recommended storage times from date of purchase for various food products stored under optimum conditions.

MORE DETAILS INSIDE



HAMILTON FIT

FOOD**PANTRY**
(Room Temperature)**REFRIDGERATOR**
(330F/10C to 400F/60C)**FREEZER**
(320F/0C)**VEGETABLES**

Asparagus

2-3 days

8 months

Beets

2 weeks

Broccoli

3-5 days

Brussels Sprouts

3-5 days

Cabbage

1 week

Carrots

2 weeks

Cauliflower

1 week

Celery

1 week

Corn (Husks)

1-2 days

8 months

Cucumber

1 week

Eggplants

1 week

Green Beans

1-2 days

8 months

Green Peas

3-5 days

8 months

Lettuce

1 week

FOOD**PANTRY**
(Room Temperature)**REFRIDGERATOR**
(330F/10C to 400F/60C)**FREEZER**
(320F/0C)**VEGETABLES >>**

Lima Beans		3-5 days	8 months
Mushrooms		2 days	
Onions	1 week	3-5 days	
Peppers		1 week	
Sweet Potatoes	2-3 weeks		
White Potatoes	2-3 months		
Radishes		2 week	
Rhubarb		3-5 days	
Snap Beans		1 week	
Spinach		5-7 days	8 months
Squash, Summer		3-5 days	
Squash, Winter	1 week		
Tomatoes		1 week	
Turnips		2 weeks	

FOOD**PANTRY**
(Room Temperature)**REFRIDGERATOR**
(330F/10C to 400F/60C)**FREEZER**
(320F/0C)**VEGETABLES >>**

Frozen Vegetables

8 months

Vegetables Soup

3-4 days

3 months

FRUITS

Apples

Until Ripe

1 month

8 months

Apricots

Until Ripe

5 days

Avocados

Until Ripe

5 days

Bananas

Until Ripe

5 days (fully ripe)

Berries

Until Ripe

3 days

Cherries

Until Ripe

3 days

Citrus Fruit

Until Ripe

2 weeks

Dried Fruit

6 months

2-4 days +

Frozen Fruit

1 year

Opened +
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FOOD**PANTRY**
(Room Temperature)**REFRIDGERATOR**
(330F/10C to 400F/60C)**FREEZER**
(320F/0C)**FRUITS**

Fruit, Pre-cut, Fresh

Until Ripe

2-4 days

Grapes

Until Ripe

5 days

Melons

Until Ripe

5 days

Nectarines

Until Ripe

5 days

Peaches

Until Ripe

5 days

1 year

Pears

Until Ripe

5 days

1 year

Pineapple

Until Ripe

5-7 days

1 year

Plums

Until Ripe

5 days

DAIRY PRODUCTS

Butter

1-2 months

9 months

Buttermilk

2 weeks

Cottage Cheese

1 week

3 months

Cream Cheese

2 weeks

FOOD**PANTRY**
(Room Temperature)**REFRIDGERATOR**
(330F/10C to 400F/60C)**FREEZER**
(320F/0C)**DAIRY PRODUCTS >>**Cream-Light, Heavy,
Half-and-Half

3-4 days

1-4 months

Margarine

3-4 days

12 months

Milk

4-5 months

3 months

Ice cream

8-20 days

2 months

Hard Natural Cheese
(e.g. Cheddar, Swiss)

3-6 months

6 months

Soft Cheese (e.g. brie)

1 week

6 months

Sour Cream

2 weeks

Real Whipped Cream, Canned

3-4 weeks

Yogurt

2 weeks

1-2 months

MEATS

Fresh Beef & Bison Steaks

3-5 days

6-9 months

Fresh Pork Chops

3-5 days

4-6 months

FOOD**PANTRY**
(Room Temperature)**REFRIDGERATOR**
(330F/10C to 400F/60C)**FREEZER**
(320F/0C)**MEATS**

Fresh Lamb Chops		3-5 days	6-8 months
Fresh Veal		1-2 days	4-6 months
Fresh Ground Meat (e.g. Beef, Bison, Veal, Lamb)		1-2 days	3-4 months
Cooked Meat		2-3 days	2-3 months
Ham, Whole		1 week	1-2 months
Ham, Cook before eating		1 week	
Ham, fully cooked		2 weeks	
		1 week +	
Ham, dry-cured	1 year	1 month	
Bacon		2 weeks	1 months
		1 week	
Sausage, Fresh		1-2 days	1-2 months
Sausage, Dry Smoked (e.g. Pepperoni, Jerky, Dry Salami)	1 year	1 month +	6 months

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FOOD**PANTRY**
(Room Temperature)**REFRIDGERATOR**
(330F/10C to 400F/60C)**FREEZER**
(320F/0C)**MEATS**

Luncheon Meat

2 weeks

1-2 months

Meat Gravies

3-4 days +
1-2 days

2-3 months

Venison Ground Meat

1-2 days

2-3 months

FISH

Breaded fish

4-6 months

Canned fish

1 year

1-2 days +

Cooked fish or Seafood

3-4 days

3 months

Lean fish
(e.g. cod, flounder, haddock)

1-2 days

6-10 months

Fatty fish
(e.g. bluefish, salmon, mackerel)

1-2 days

2-3 months

Smoked fish

2 weeks

4-5 weeks

Opened +www.hamiltonfit.co.uk**HAMILTON FIT**

FOOD**PANTRY**
(Room Temperature)**REFRIDGERATOR**
(330F/10C to 400F/60C)**FREEZER**
(320F/0C)**FISH**Seafood-clams, clam,
lobster in shell

2 day

3 months

Seafood-oysters and scallops

4-5 days

3-4 months

Seafood-shrimp

4-5 days

3 months

Tuna-salad, store
prepared or homemade

3-5 days

3 months

POULTRY

Chicken nuggets or patties

1-2 days

Chicken livers

1-2 days

3 months

Cooked poultry

2-3 days

4-6 months

Fresh poultry

1-2 days

1 year

Frozen poultry parts

1-2 days

6-9 months

FOOD**PANTRY**
(Room Temperature)**REFRIDGERATOR**
(330F/10C to 400F/60C)**FREEZER**
(320F/0C)**EGGS**

Eggs, in shell

Eggs, hard-boiled

Eggs, pasteurised, liquid

3-5 weeks

1 week

10 days

3 days +

6-9 months

1 year

Opened +