

Cold Food Storage Guidelines

These storage time limits may seem short but they will help keep refrigerated food from spoiling or becoming dangerous to eat. Freezing will keep foods safe indefinitely but quality will deteriorate over time. Pay attention to the "sell by" or "use by" dates. If the product has expired - throw it out.

Product	Refrigerator (40°F)	Freezer (0°F)
Fresh eggs, in shell	3 - 5 weeks	do not freeze
Hard cooked eggs	1 week	do not freeze
Deli turkey, ham, chicken	3 - 5 days	do not freeze
Luncheon meat, unopened package	2 weeks	1 - 2 months
Luncheon meat, opened package	3 - 5 days	1 - 2 months
Ground beef, turkey or pork	1 - 2 days	3 - 4 months
Fresh chicken & turkey	1 - 2 days	9 months
Fresh fish	1 - 2 days	3 - 6 months
Steaks, chops & roasts	3 - 5 days	4 - 12 months
Cooked meat, poultry, fish	3 - 4 days	2 - 3 months
Soups, stews & casseroles	3 - 4 days	2 - 3 months
Pizza, cooked	3 - 4 days	1 - 2 months
Frozen dinners and entrees	---	3 - 4 months
Milk	7 days	3 months
Cheese	3 - 4 weeks	6 months

Safe Cooking Temperatures

Internal temperature as
measured with a food thermometer

Ground Meat & Meat Mixtures

Beef, pork, veal and lamb	160°F
Turkey, chicken	165°F

Fresh Beef, Veal, Lamb

Medium rare	145°F
Medium	160°F
Well Done	170°F

Poultry

Whole poultry and poultry parts	165°F
Stuffing (cooked alone or in a bird)	165°F

Fresh Pork

Medium	160°F
Well Done	170°F

Ham

Fresh (raw)	160°F
Pre-cooked (to reheat)	140°F

Eggs and Egg Dishes

Eggs	Cook until yolk & white are firm
Egg dishes	160°F

Fish & Seafood

Fin fish (cod, salmon, tuna, etc.)	145°F
Shrimp, lobster & crabs	Cook until flesh is pearly & opaque
Clams, oysters & mussels	Cook until shells open during cooking

Leftovers & Casseroles

165°F

For more information, go to The Fight BAC! Web site at www.fightbac.org

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