

Food Handlers' Storage Guide

Refrigerator

General guidelines for the shelf life of common foods. Read the label and check "best before" dates if applicable. Most foods are safe to eat if stored longer, but flavor and nutritional value will deteriorate. Discard if there is evidence of spoilage.

4°C, 40°F unless otherwise specified, cover all foods.

DAIRY PRODUCTS & EGGS (check "best before" dates)

Butter - unopened	8 weeks
- opened	3 weeks
Cheese - cottage (once opened)	3 days
- firm	several months
- processed (unopened)	several months
- processed (opened)	3-4 weeks
Eggs	3 weeks
Margarine - unopened	8 months
- opened	1 month
Milk, cream, yogurt (once opened)	3 days

FISH AND SHELLFISH

Clams, crab, lobster, mussels (live)	12-24 hours
Fish (cleaned) - raw	3-4 days
- cooked	1-2 days
Oysters (live)	24 hours
Scallops, shrimp (raw)	1-2 days
Shellfish (cooked)	1-2 days

FRESH FRUIT (RIPE)

Apples	2 months
- purchased February to July	2 weeks
Apricots (store uncovered)	1 week
Blueberries (store uncovered)	1 week
Cherries	3 days
Cranberries (store uncovered)	1 week
Grapes	5 days
Peaches (store uncovered)	1 week
Pears (store uncovered)	1 week
Plums	5 days
Raspberries (store uncovered)	2 days
Rhubarb	1 week
Strawberries (store uncovered)	2 days

FRESH VEGETABLES

Asparagus	5 days
Beans (green, wax)	5 days

Beets	3-4 weeks
Broccoli	3 days
Brussels sprouts	1 week
Cabbage	2 weeks
Carrots	several weeks
Cauliflower	10 days
Celery	2 weeks
Corn	use same day
Cucumbers	1 week
Lettuce	1 week
Mushrooms	5 days
Onions (green)	1 week
Parsnips	several weeks
Peas	use same day
Peppers (green, red)	1 week
Potatoes (new)	1 week
Spinach	2 days
Sprouts	2 days
Squash (summer)	1 week

MEAT, POULTRY

Uncooked

chops, steaks	2-3 days
Cured or smoked meat	6-7 days
Ground meat	1-2 days
Poultry	2-3 days
Roasts	3-4 days
Variety meats, giblets	1-2 days

Cooked

All meats and poultry	3-4 days
Casseroles, meat pies, meat sauces	2-3 days
Soups	2-3 days

MISCELLANEOUS FOODS

Coffee (ground)	2 months
Nuts	4 months
Shortening	12 months
Whole wheat flour	3 months