

Cold Storage Guidelines: For refrigerators and freezers

Use these time limit guidelines to help keep refrigerated and frozen food safe to eat.

	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 (i.e., cod, flounder)	3-4 days	6 months
Fatty fish (i.e., salmon)	3-4 days	6 months
Shellfish (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 and slices)	3-4 days	2-3 months
Bacon and 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 and meat broth	1-2 days	2-3 months
Cooked poultry and fish	3-4 days	4-6 months
Soups	2-3 days	4 months
Hot Dogs and Lunch Meats		
Hot dogs	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



1-800-361-5653
TTY: 1-866-252-9933

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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	Don't freeze
opened	3 days	1 year
Dairy Products		
Milk	Check best before date	6 weeks
opened	3 days	
Cottage cheese	Check best before date	Doesn't freeze well
opened	3 days	
Yogurt	Check best before date	1-2 months
opened	3 days	
Butter—salted	8 weeks	1 year
unsalted		3 months
opened	3 weeks	Don't freeze
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
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



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