



Keep Food Safe: Guide to Refrigerator Storage Periods

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When storing foods in your refrigerator, use foil, plastic bags and wraps, or airtight containers. Clean refrigerators regularly to reduce food odors. Remove spoiled foods immediately so decay cannot pass to other foods. Maintain refrigerator temperature at 40°F or below and check the temperature regularly with a refrigerator thermometer. Use foods quickly. Don't depend on maximum storage periods. If you have any doubt about the food, throw it out.

Below is a Cold Food Storage Chart (2023) from:

<https://www.foodsafety.gov/food-safety-charts/cold-food-storage-charts>

Food	Type	Refrigerator [40°F (4°C) or below]	Freezer [0°F (-18°C) or below]
Salad	Egg, chicken, ham, tuna, and macaroni salads	3 to 4 days	Does not freeze well
Hot dogs	Opened package	1 week	1 to 2 months
	Unopened package	2 weeks	1 to 2 months

Luncheon meat	Opened package or deli sliced	3 to 5 days	1 to 2 months
	Unopened package	2 weeks	1 to 2 months
Bacon and sausage	Bacon	1 week	1 month
	Sausage, raw, from chicken, turkey, pork, or beef	1 to 2 days	1 to 2 months
	Sausage, fully cooked, from chicken, turkey, pork, or beef	1 week	1 to 2 months
	Sausage, purchased frozen	After cooking, 3-4 days	1-2 months from date of purchase
Hamburger, ground meats and ground poultry	Hamburger, ground beef, turkey, chicken, other poultry, veal, pork, lamb, and mixtures of them	1 to 2 days	3 to 4 months
Fresh beef, veal, lamb, and pork	Steaks	3 to 5 days	4 to 12 months
	Chops	3 to 5 days	4 to 12 months
	Roasts	3 to 5 days	4 to 12 months

Ham	Fresh, uncured, uncooked	3 to 5 days	6 months
	Fresh, uncured, cooked	3 to 5 days	3 to 4 months
	Cured, cook-before-eating, uncooked	5 to 7 days or "use by" date	3 to 4 months
	Fully-cooked, vacuum-sealed at plant, unopened	2 weeks or "use by" date	1 to 2 months
	Cooked, store-wrapped, whole	1 week	1 to 2 months
	Cooked, store-wrapped slices, half, or spiral cut	3 to 5 days	1 to 2 months
	Country ham, cooked	1 week	1 month
	Canned, labeled "Keep Refrigerated," unopened	6 to 9 months	Do not freeze
	Canned, shelf-stable, opened <i>Note: An unopened, shelf-stable, canned ham can be stored at room temperature for 2 years.</i>	3 to 4 days	1 to 2 months
	Prosciutto, Parma or Serrano ham, dry Italian or Spanish type, cut	2 to 3 months	1 month

Fresh poultry	Chicken or turkey, whole	1 to 2 days	1 year
	Chicken or turkey, pieces	1 to 2 days	9 month
Fin Fish	Fatty Fish (bluefish, catfish, mackerel, mullet, salmon, tuna, etc.)	1 to 3 days	2 to 3 months
	Lean Fish (cod, flounder, haddock, halibut, sole, etc.)		6 to 8 months
	Lean Fish (pollock, ocean perch, rockfish, sea trout.)		4 to 8 months
Shellfish	Fresh Crab Meat	2 - 4 days	2 -4 months
	Fresh Lobster	2 - 4 days	2 - 4 months
	Live Crab, Lobster	1 day	Not recommended
	Live Clams, Mussels, Oysters, and Scallops	5 -10 days	Not recommended
	Shrimp, Crayfish	3 - 5 days	6 - 18 months
	Shucked Clams, Mussels, Oysters, and Scallops	3 - 10 days	3 - 4 months
	Squid	1 - 3 days	6- 18 months
Eggs	Raw eggs in shell	3 -5 weeks	Do not freeze in shell. Beat yolks and whites together, then freeze.

	Raw egg whites and yolks <i>Note: Yolks do not freeze well</i>	2 -4 days	12 months
	Raw egg accidentally frozen in shell <i>Note: Toss any frozen eggs with a broken shell</i>	Use immediately after thawing	Keep frozen, then refrigerate to thaw
	Hard-cooked eggs	1 week	Do not freeze
	Egg substitutes, liquid, unopened	1 week	Do not freeze
	Egg substitutes, liquid, opened	3 days	Do not freeze
	Egg substitutes, frozen, unopened	After thawing, 1 week or refer to "use by" date	12 months
	Egg substitutes, frozen, opened	After thawing, 3 to 4 days or refer to "use by" date	Do not freeze
	Casseroles with eggs	After baking, 3 to 4 days	After baking, 2 to 3 months
	Eggnog, commercial	3 -5 days	6 months
	Eggnog, homemade	2 -4 days	Do not freeze
	Pies: Pumpkin or pecan	After baking, 3 to 4 days	After baking, 1 to 2 months
	Pies: Custard and chiffon	After baking, 3 to 4 days	Do not freeze
	Quiche with filling	After baking, 3 to 5 days	After baking, 2 to 3 months

Soups and stews	Vegetable or meat added	3 - 4 days	2 -3 months
Leftovers	Cooked meat or poultry	3 - 4 days	2 -6 months
	Chicken nuggets or patties	3 - 4 days	1 -3 months
	Pizza	3 - 4 days	1 -2 months

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