

Food Storage Times

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Dairy Products & Eggs

Product	Refrigerated	Frozen
Butter	1-3 Months	6-9 Months
Buttermilk	1-2 Weeks	3 Months
Cheese, hard (such as cheddar, swiss, block parmesan)	Unopened: 6 Months; Opened: 3-4 Weeks	6 Months
Cheese, parmesan, shredded	12 Months	3-4 Months
Cheese, shredded, cheddar, mozzarella, etc.	1 Month	3-4 Months
Cheese, processed slices	3-4 Weeks	Does not freeze well
Cheese, soft (such as brie, bel paese)	1-2 Weeks	6 Months
Coffee creamer, liquid refrigerated	3 Weeks	See package instructions
Cottage cheese, ricotta	Unopened: 2 weeks; Opened: 1 Week	Does not freeze well
Cream cheese	2 Weeks	Does not freeze well
Cream, whipping, ultrapasteurized	Unopened: 1 Month; Opened: 1 Week	Do not freeze

Cream, whipped, sweetened	1 Day	1-2 Months
Cream, half and half	3-4 Days	4 Months
Cream, heavy	10 Days	3-4 Months
Cream, light	1 Week	3-4 Months; use for cooking
Dips, sour cream based	2 Weeks	Do not freeze
Egg substitutes, liquid	10 Days	Do not freeze
Egg substitutes, unopened	10 Days	Do not freeze
Egg substitutes, opened	3 Days	Do not freeze
Eggnog, commercial	3-5 Days	6 Months
Eggs, in shell	3-5 Weeks	Not recommended
Eggs, raw whites and yolks	2-4 Days	12 Months
Eggs, hard boiled (cooked)	1 Week	Does not freeze well

Dairy Products & Eggs

Product	Refrigerated	Frozen
Kefir (fermented milk)	Unopened: 1 Week; Opened: 1-2 Days	Do not freeze
Margarine	6 Months	12 Months
Milk, plain or flavored	1 Week	3 Months
Pudding	Package use-by date; Opened: 2 Days	Do not freeze
Sour cream	7-21 Days; package use-by date	Does not freeze well
Whipped cream, aerosol can	3-4 Weeks	Do not freeze
Whipped topping, aerosol can	3 Months	Do not freeze
Whipped topping, tub	2 Weeks	14 Months
Yogurt	7-14 Days	1-2 Months

Meat—Fresh

Product	Refrigerated	Frozen
Beef, lamb, pork or veal chops, steaks, roasts	3–5 Days	4–12 Months
Ground meat or stew meat	1–2 Days	3–4 Months
Variety meats (liver, tongue, chitterlings, etc.)	1–2 Days	3–4 Months
Cooked meats (after home cooking—leftovers)	3–4 Days	2–3 Months

Meat—Smoked or Processed

Product	Refrigerated	Frozen
Bacon	1 Week	1 Month
Bacon, once opened	1 Week	1 Month
Corned beef, in pouch with pickling juices	5–7 Days	1 Month

Meat—Smoked or Processed

Product	Refrigerated		Frozen
Ham, canned ("keep refrigerated" label)	6–9 Months		Do not freeze
Ham, fully cooked, whole	1 Week		1–2 Months
Ham, fully cooked, slices, half, or spiral cut	3–4 Days		1–2 Months
Ham, cook before eating	1 Week		1–2 Months
Hot dogs, sealed in package	2 Weeks		1–2 Months
Hot dogs, after opening	1 Week		1–2 Months
Lunch meats, sealed in package	2 Weeks		1–2 Months
Lunch meats, after opening	3–5 Days		1–2 Months
Sausage, raw bulk type or patties	1–2 Days		1–2 Months
Sausage, fully cooked smoked links, kielbasa	1 Week		1–2 Months

Sausage, hard, dry (pepperoni), sliced	2–3 Weeks	1–2 Months
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Poultry—Fresh

Product	Refrigerated	Frozen
Chicken or turkey, whole	1–2 Days	12 Months
Chicken or turkey parts	1–2 Days	9 Months
Duckling or goose, whole	1–2 Days	6 Months
Giblets	1–2 Days	3–4 Months

Meat and Poultry—Stuffed or Assembled

Product	Refrigerated	Frozen
Stuffed, raw pork chops or chicken breasts	1–2 Days	9 Months
Raw kabobs with vegetables	1–2 Days	3–4 Months
Turducken	Cook immediately	9 Months

Poultry—Cooked or Processed

Product	Refrigerated	Frozen
Chicken nuggets, patties	1–2 Days	1–3 Months
Cooked poultry dishes	3–4 Days	4–6 Months
Fried chicken	3–4 Days	4 Months
Ground turkey or chicken	1–2 Days	3–4 Months
Lunch meats, sealed in package	2 Weeks	1–2 Months
Lunch meats, after opening	3–5 Days	1–2 Months
Poultry pieces covered in broth or gravy	3–4 Days	1–2 Months
Rotisserie chicken	3–4 Days	4 Months

Fresh Fish

Product	Refrigerated	Frozen
Lean fish (cod, flounder, haddock, halibut, sole, etc.)	4–6 Days	6–10 Months

Lean fish (pollock, ocean perch, rockfish, sea trout)	4-6 Days	4-8 Months
Fatty fish (bluefish, mackerel, mullet, salmon, tuna, etc.)	4-6 Days	2-3 Months
Caviar, fresh, in jar	Unopened: 1-4 Weeks; Opened: 2 Days	Does not freeze well
Cooked fish, all	3-4 Days	1-2 Months
Surimi seafood	3 Months or package use-by date	9 Months

Shellfish

Product	Refrigerated		Frozen
	Refrigerated	Frozen	
Shrimp, scallops, crayfish, squid	1-3 Days	6-18 Months	
Shucked clams, mussels, and oysters	3-10 Days	3-4 Months	
Crab meat, fresh	1-3 Days	2-4 Months	
Crab meat, pasteurized	Unopened: 10-12 Months; Opened: 3-5 Days	4-10 Months	

Shellfish

Product	Refrigerated	Frozen
Crab legs, king, dungeness, snow	2-4 Days	9-12 Months
Live clams, mussels, crab, and oysters	1-2 Days	2-3 Months
Live lobsters	Up to 2 weeks in a chilled tank	Do not freeze
Fresh lobster tails	1-2 Days	2-4 Weeks
Fresh clams, mussels, oysters	5-10 Days	Do not freeze
Fresh whole lobster	1-2 Days	Do not freeze
Cooked shellfish, all	3-4 Days	1-3 Months

Smoked Fish

Product	Refrigerated	Frozen
Herring, glass packed, in wine sauce	8-12 Months	Do not freeze
Fish, hot smoked, air pack	14-45 Days	9-12 Months

Fish, hot smoked, vacuum pack	14-45 Days	6 Months-1 Year
Fish, cold smoked, air pack	14-30 Days	9-12 Months
Fish, cold smoked, vacuum pack	21-30 Days	9-12 Months

Vegetarian Proteins

Product	Vegetarian Proteins	
	Unopened in Pantry	Refrigerated
Tofu		Package use-by date or Unopened: 1 Week; Opened: 2-3 Days
Miso		1 Year
Soy flour, full-fat	2 Months	6 Months
Textured soy protein (TSP)	Unopened: 2 Years; Opened: 3-4 Months	
Re-hydrated TSP	3-4 Months	Opened: 3-4 Days
		5 Months
		Not recommended

Deli & Prepared Foods

Deli Product	Refrigerator	Freezer
Cheese, store sliced hard cheese such as cheddar or swiss	3-4 Weeks	6 Months
Cheese, soft (such as brie, bel paese, goat cheese, fresh mozzarella)	1-2 Weeks	6 Months
Chicken, rotisserie or fried	3-4 Days	4 Months
Commercial brand vacuum packed dinners with USDA seal	2 Weeks	Does not freeze well
Cooked pasta	3-5 Days	1-2 Months
Cooked rice	4-6 Days	6 Months
Fruit, cut	Package use-by date; Opened: 4 Days	Do not freeze
Guacamole	5-7 Days	6 Months
Hummus, pasteurized	3 Months	Does not freeze well
Hummus, with preservatives	2 Months	Does not freeze well

Hummus, traditional (no preservatives, not pasteurized)	7 Days	Does not freeze well
Luncheon meats, store-sliced	3-5 Days	1-2 Months
Main dishes or meals, hot or refrigerated	3-4 Days	2-3 Months
Meats covered with gravy or broth	3-4 Days	6 Months
Olives	2 Weeks	Do not freeze
Pate	1-2 Days	1-2 Months
Pudding	Package use-by date; Opened: 2 Days	Do not freeze
Salads containing meat, fish, poultry or eggs	3-4 Days	Do not freeze
Salads, vegetable	3-5 Days	Do not freeze
Side dishes such as cooked vegetables, rice or potatoes	3-4 Days	1-2 Months
Soup, stews	3-4 Days	2-3 Months

Bakery Products

Bakery Product	Unopened in Pantry	Refrigerator After Opening	Freezer
Commercial bread products (including pan breads, flat breads, rolls and buns)	14–18 Days	2–3 Weeks	3–5 Months
Tortillas	3 Months	3 Months	6 Months
Commercial cakes and muffins	3–7 Days	7–10 Days	6 Months
Cheesecake		5–7 Days	3–6 Months
Cookies, soft	2–3 Months		8–12 Months
Cookies, crispy	4–6 Months		8–12 Months
Dairy filled eclairs		2–3 Days	3 Months
Doughnuts	1 –2 Days	2 Days	Does not freeze well
Fruit cake	6 Months	12 Months	12 Months

Pastries, danish	5-10 Days	14 Days	Does not freeze well
Pies, chiffon		1-2 Days	Do not freeze
Pies, cream		3-4 Days	Does not freeze well
Pies, fruit	1-2 Days	1 Week	8 Months
Pies, mincemeat	2 Hours	1 Week	8 Months
Pies, pecan	2 Hours	3-4 Days	1-2 Months
Pies, pumpkin	2 Hours	3-4 Days	1-2 Months
Quiche	2 Hours	3-5 Days	2-3 Months

Fresh Fruits

Fruit	Freezer		
	Pantry	Refrigerator	Freezer
Apples	3 Weeks	4-6 Weeks	Cooked: 8 Months
Apricots	Until ripe	2-5 Days	Do not freeze
Avocados	Until ripe	3-4 Days	Do not freeze

Fresh Fruits

Fruit	Pantry			Refrigerator		Freezer
Bananas	Until ripe			3 Days, skin will blacken	2-3 Months	
Berries, cherries, goose berries, lychee	Until ripe			7 Days	12 Months	
Black berries, boysen berries, currant, raspberries, strawberries	Until ripe			3-6 Days	12 Months	
Blueberries	Until ripe			10 Days	12 Months	
Cherimoya	Until ripe			4 Days	10-12 Months	
Citrus fruit	10 Days			1-3 Weeks	Do not freeze	
Coconut, shredded	Unopened: 1 Year; Opened: 6 Months			8 Months	1 Year	
Coconuts, fresh, whole, unopened	1 Week			2-3 Weeks	Do not freeze	
Cranberries				2 Months	12 Months	

Dates	2 Months	12 Months	1-2 Years
Grapes	1 Day	1 Week	Whole, 1 Month
Guava	Until ripe—they spoil quickly	2-4 Days	Does not freeze well
Kiwi fruit	Until ripe	3-6 Days	Do not freeze
Melons	Until ripe, then up to 7 Days	Whole: 2 Weeks; Cut: 2-4 Days	Balls, 1 Month
Papaya, mango, feijoa, passionfruit, casaha melon	3-5 Days	1 Week	6-8 Months
Peaches, nectarines, plums, pears, sapote	Until ripe, then 1-2 Days	3-5 Days	Sliced, lemon juice and sugar, 2 Months
Pineapple	Until ripe, then 1-2 Days	5-7 Days	10-12 Months
Plantains	Until ripe, then 1-2 Days	3-5 Days	10-12 Months
Pomegranate	2-5 Days	1-3 Months	10-12 Months

Fresh Vegetables

Vegetable	Pantry	Raw, Refrigerator	Frozen*
Artichokes, whole	1-2 Days	1-2 Weeks	Do not freeze
Asparagus		3-4 Days	5 Months
Bamboo shoots		Whole unpeeled: 2 Weeks; Peeled and parboiled in water: 5 Days	
Beans (green, fava, lima, soybean, wax) and peas		3-5 Days	8 Months
Beets	1 Day	7-14 Days	6-8 Months
Bok choy		2-3 Days	10-12 Months
Broccoli and broccoli raab (rapini)		3-5 Days	10-12 Months
Brussels sprouts		3-5 Days	10-12 Months
Cabbage		1-2 Weeks	10-12 Months

Carrots and parsnips		2-3 Weeks	10-12 Months
Cauliflower		3-5 Days	10-12 Months
Celery		1-2 Weeks	10-12 Months
Corn on the cob		1-2 Days	8 Months
Cucumbers		4-6 Days	Do not freeze
Eggplant	1 Day	4-7 Days	6-8 Months
Garlic	1 Month (unbroken bulbs)	3-14 Days (individual cloves)	1 Month
Ginger root	2-5 Days	2-3 Weeks	6 Months
Greens		1-4 Days	10-12 Months
Herbs		7-10 Days	1-2 Months
Leeks		1-2 Weeks	10-12 Months
Lettuce, iceberg, romaine		1-2 Weeks	Do not freeze
Lettuce, leaf, spinach		3-7 Days	Do not freeze

*It is recommended to blanch or cook vegetables before freezing.

Fresh Vegetables

Vegetable	Shelf	Raw, Refrigerator	Frozen *
Mushrooms		3-7 Days	10-12 Months
Okra	Highly perishable; 1 Day	2-3 Days	10-12 Months
Onions, dry	1 Month	2 Months	10-12 Months
Onions, spring or green	1 Month	1 Week	10-12 Months
Peppers		4-14 Days	6-8 Months
Potatoes	1-2 Months	1-2 Weeks	Cooked and mashed: 10-12 Months
Pumpkins	2-3 Months	3-5 Months	
Radishes		10-14 Days	Do not freeze
Rhubarb		3-7 Days	
Rutabagas	1 Week	2-3 Weeks	8-10 Months
Squash, summer and zucchini	1-5 Days	4-5 Days	10-12 Months

Squash, winter	2-6 Weeks	1-3 Months	10-12 Months
Tamarind	1-3 Weeks	Just the pulp: 6 Months	Just the pulp: 1 Year
Taro	7 Days	2-3 Days (not recommended)	
Tomatoes	Until ripe, then up to 7 Days	2-7 Days	2 Months
Turnips		2 Weeks	8-10 Months
Yucca/cassava	7 Days	3 Days	1-2 Months

*It is recommended to blanch or cook vegetables before freezing.

Foods Purchased Frozen

Frozen Product	Freezer	Refrigerator After Thawing
Bagels	6 Months	1-2 Weeks
Burritos, sandwiches	2 Months (follow package cooking instructions)	3-4 Days

Foods Purchased Frozen

Frozen Product	Freezer	Refrigerator After Thawing
Dough, commercial (bread or cookie)	Package use-by date	After baking, 4-7 Days
Egg substitutes	12 Months	Package use-by date
Fish, breaded	18 Months	Do not defrost; cook frozen
Fish, raw but headed and gutted	6 Months	1-2 Days
Frozen potato products (fries, hashbrowns, tater tots)	6-12 Months	Not recommended
Frozen pretzels	9-12 Months	2-3 Weeks
Fruits such as berries, melons	4-6 Months	4-5 Days
Guacamole	3-4 Months	3-4 Days
Ice cream	2-4 Months	Not recommended
Ice pops	9 Months	Not recommended
Juice concentrates	1-2 Years	7-10 Days

Lobster tails	2-4 Weeks	2 Days
Pancakes, waffles	2 Months	3-4 Days
Sausages, uncooked	1-2 Months	1-2 Days
Sausage, precooked	1-2 Months	1 Week
Sherbet, sorbet	2-4 Months	Not recommended
Shrimp and shellfish	12-18 Months	1-2 Days
Soy crumbles and hot dogs	9 Months	3-4 Days
Soy meat substitutes	12-18 Months	3-4 Days
Tempeh	6 Months	1-2 Weeks
Topping, whipped	6 Months	2 Weeks
Frozen meals, entrees and breakfast foods	3 Months	Do not defrost; cook frozen
Vegetables	8 Months	3-4 Days

Grains, Beans & Pasta

Product	Unopened in Pantry	Refrigerator After Opening	In Pantry After Opening
Beans, dried	1-2 Years		1 Year
Lentils, dried	12 Months		12 Months
Pasta, dry, without eggs	2 Years		1 Year
Dry egg noodles	2 Years		1-2 Months
Peas, dried split	12 Months		12 Months
Rice, white or wild	2 Years	6 Months	1 Year
Rice, brown	1 Year	6 Months	1 Year

Baking & Cooking

Product	Unopened in Pantry	Refrigerator After Opening	In Pantry After Opening
Baking powder	6–18 Months		3–6 Months
Baking soda	2–3 Years		6 Months
Biscuit or pancake mix	12 Months		Package use-by date
Cake, brownie, bread mixes	12–18 Months		Package use-by date
Chocolate, unsweetened and semi-sweet, solid	1–2 Years		1 Year
Cocoa and cocoa mixes	Indefinitely		1 Year
Cornmeal, regular, degerminated	6–12 Months	1 Year	2 Years
Cornmeal, stone ground or blue	1 Month	2–4 Months	Not recommended
Cornstarch	18–24 Months		18 Months

Baking & Cooking

Product	Unopened in Pantry	Refrigerator After Opening	In Pantry After Opening
Extracts, vanilla, lemon, etc.*	4 Years		4 Years*
Flour, white	6-12 Months	1 Year	6-8 Months
Flour, whole wheat	3-6 Months	6-8 Months	
Frosting or icing	10-12 Months	2-3 Weeks	Check label
Gelatin, flavored	18 Months		Use entire packet; 3-4 Months
Gelatin, unflavored	3 Years		Use entire packet
Nut oils	6 Months		
Oils, olive or vegetable	6-12 Months	4 Months	3-5 Months
Shortening, solid	1-2 Years		6-12 Months
Sugar, brown	18 Months		Sugar never spoils
Sugar, confectioners	18 Months		Sugar never spoils

* Pure vanilla extract lasts indefinitely.

Sugar, granulated	2 Years		Sugar never spoils
Sugar substitutes	2 Years	Never spoils	
Tamarind paste	6–12 Months	2–3 Months	6 Months
Tapiocas	12 Months	12 Months	
Vegetable oil sprays	2 Years		1 Year
Yeast	See expiration date		

Baking & Cooking—Spices

Product	Unopened in Pantry		In Pantry After Opening
	Unopened in Pantry	In Pantry After Opening	
Chili powder	2 Years total	2 Years	
Flavored or herb mixes	6 Months		
Herbs, dried	1–2 Years		1–2 Years
Seasoning blends	1–2 Years		1–2 Years
Spice, ground	2–3 Years total		2–3 Years
Spices, whole	3–4 Years total		3–4 Years

Refrigerated Dough & Pasta

Product	Refrigerated	Frozen
Cookie dough	Package use-by date	2 Months
Fresh pasta, sold refrigerated	Package use-by date or 1-2 Days	2 Months
Ready-to-bake pie crust	Package use-by date	2 Months
Tube cans of biscuits, rolls, pizza dough, etc.	Package use-by date	Do not freeze

Condiments & Sauces

Product	Unopened in Pantry	Refrigerator After Opening
Barbecue sauce, bottled	12 Months	4 Months
Chutney	12 Months	1-2 Months
Dry cream sauce mixes	6-12 Months	
Dry gravy mixes	2 Years	1-2 Days
Gravy, jars and cans	2-5 Years	1-2 Days

Honey	2 Years*	
Horseradish, in jar	12 Months	3-4 Months
Jams, jellies and preserves	6-18 Months	6-12 Months
Ketchup, cocktail or chili sauce	12 Months	6 Months
Marinades	1 Year	6 Months
Mayonnaise, commercial	3-6 Months	For best quality: 2 Months
Mustard	1-2 Years	12 Months
Olives, black and green	12-18 Months	2 Weeks
Pickles	12 Months	1-3 Months
Pesto, jarred	6 Months	Refrigerator: 3 Days Freezer: 1 Month
Pesto, refrigerated		Unopened: 1 Week; Opened: 3 Days
Salad dressings, commercial, bottled	10-12 Months	1-3 Months
Salsa, picante and taco sauces	12 Months	1 Month

* Opened or unopened.

Condiments and Sauces

Product	Unopened in Pantry		Refrigerator After Opening
	Unopened in Pantry	Refrigerator After Opening	
Sauce mixes, nondairy (spaghetti, taco, etc.)	2 Years		
Spaghetti sauce in jars	18 Months		4 Days
Soy sauce or teriyaki sauce	3 Years		1 Month
Vinegar	2 Years		1 Year
Worcestershire sauce	2 Years		1 Year

Shelf Stable Food—Baby Food

Product	Unopened in Pantry		Refrigerator After Opening	In Pantry after Opening
	Unopened in Pantry	Refrigerator After Opening		
Baby food, jars or pouches	Package use-by date	2–3 Days		
Baby food, fruit	Package use-by date	3 Days		
Baby food, vegetables	Package use-by date	2 Days		

Baby food, dinners	Package use-by date	2 Days	
Baby food, cereal and dry mixes	Package use-by date	1-2 Months	2 Months
Formula, prepared	Package use-by date	24 Hours	1 Hour
Liquid concentrate or ready-to-feed formula	Package use-by date	48 Hours	

Shelf Stable Foods—Meat and Poultry

Product	Unopened in Pantry	Refrigerate after Opening
Bacon, fully cooked	Unopened, until the package use-by date	5-14 Days
Ham, shelf-stable cans	6-9 Months in the pantry	3-4 Days
Jerky, commercially dried	12 Months	2-3 Months
Jerky, homemade	1-2 Months	1-2 Months
Meat products, canned	5 Years	3-4 Days
Retort pouches or boxes	Use package recommendations	3-4 Days

Shelf Stable Foods—Other Items

Product	Unopened in Pantry	Refrigerator After Opening	In Pantry after Opening
Applesauce, commercial	12–18 Months	7–10 Days	Do not store in pantry after opening
Bacon bits, imitation	1 Year	Package use-by date	1 Year
Canned goods, low acid (such as meat, poultry, fish, gravy, stew, soups, beans, carrots, corn, pasta, peas, potatoes, spinach)	2–5 Years	3–4 Days	Do not store in pantry after opening
Canned goods, high acid (such as juices, fruit, pickles, sauerkraut, tomato soup, and foods in vinegar-based sauce)	12–18 Months	5–7 Days	Do not store in pantry after opening
Cereal, ready-to-eat	6–12 Months		2–3 Months

Cereal, cook before eating (oatmeal, etc.)	12 Months			6–12 Months
Chocolate syrup	2 Years		6 Months	Not recommended
Crackers	8 Months		Refrigerator or freezer: 3–4 Months	1 Month
Garlic, chopped, commercial jars	8–12 Months		Refrigerate: package use-by date	
Graham crackers and animal crackers	6–9 Months			
Fruits, dried	6 Months		6 Months	1 Month
Gummy (fruit) snacks	6–9 Months			6 Months
Marshmallows	1 Year			1 Month
Marshmallow crème	2–5 Months			1 Month
Milk, canned evaporated or condensed	12 Months		4–5 Days	
Molasses	1–2 Years			6 Months

Shelf Stable Foods—Other Items

Product	Unopened in Pantry	Refrigerator After Opening	In Pantry after Opening
Mushrooms, dried	1–2 Years		3 Months
Nuts, jars or cans	12 Months	Refrigerator: 4–6 Months Freezer: 6–12 Months	2–9 Months
Peanut butter, commercial	6–24 Months		2–3 Months
Pectin	Package use-by date		1 Month
Popcorn, dry kernels in jar	2 Years		1 Year
Popcorn, commercially popped in bags	2–3 Months		1–2 Weeks
Popcorn, microwave packets	6–12 Months		1–2 Days popped
Potato chips	Package use-by date; 2 Months		1–2 Weeks
Potatoes, instant	10–15 Months		6–12 Months

Pretzels	4-9 Months		3 Weeks
Pudding mixes	12 Months		3-4 Months
Soup mixes, dry bouillon	12 Months		12 Months
Sun dried tomatoes	1 Year	3-6 Months	3-6 Months
Syrup, genuine or real maple	12 Months	6 Months	Not recommended
Syrup, pancake	12 Months	12 Months	12 Months
Toaster pastries	6-12 Months		1-2 Weeks

Beverages

Product	Unopened in Pantry	Refrigerator after Opening	In Pantry after Opening
Coffee, whole beans	3-5 Months	For all types, 3-4 Months	3-5 Months
Coffee, ground, non-vacuum	3-5 Months	Freezer: 1-2 Years	3-5 Weeks
Coffee, instant	12 Months		2-3 Months
Diet powder mixes and drink mixes	18-24 Months		1-3 Months
Juice, sold refrigerated		Package use-by date or 6-10 Days	
Juice, sold shelf stable (bottles, boxes or cans)	Package best-by date or 4-12 Months	Package use-by date or 8-12 Days	
Nectar such as papaya, mango, guava, or guavabana	12-18 Months	Refrigerator: 5-7 Days Freezer: 8-12 Months	

Soda such as carbonated cola drinks, mixers, diet sodas, bottles or cans	Package use-by date (about 3 months for bottles; 9 months for cans)	2-3 Days	2-3 Days
Soy or rice beverage	Refrigerator unopened: 6 Months	Refrigerator: 7-10 Days Freezer: 3 Months	
Soy or rice beverage, refrigerated	Refrigerator unopened: 6 Months	Refrigerator: 7-10 Days Freezer: 3 Months	
Tea, bags	18-36 Months		6-12 Months
Tea, instant	2-3 Years		6-12 Months
Tea, loose	2 Years	Matcha tea is the only tea that can be frozen after opening	6-12 Months
Water	1-2 Years*	2 Weeks	3 Months

* Considered safe indefinitely.



References

USDA Meat and Poultry Hotline:

1-888-674-6854

10 AM—4 PM EST

e-mail: mph hotline@fsis.usda.gov

Food safety information is also available 24/7, by going to “Ask Karen,” our automated virtual representative at askkaren.gov

Food Safety fact sheets on a variety of topics are available at www.fsis.usda.gov.

FoodSafety.gov

Your gateway to Federal food safety information

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Acknowledgements

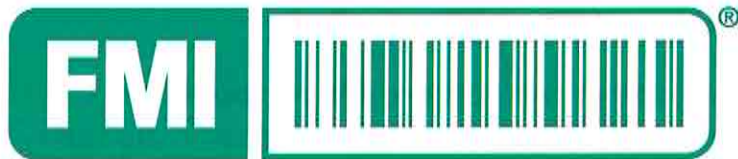
The Food Keeper was first published in 1985 as a joint project between the Department of Food Science at Cornell University, the Food Marketing Institute, the trade association for retail supermarkets and grocery wholesalers, and the U.S. Department of Agriculture Meat and Poultry Hotline. *The Food Keeper* provided consumers throughout the U.S. with the first detailed compilation of the keeping quality of a wide variety of foods in different storage conditions. The popularity of *The Food Keeper* and the need to expand the list of foods resulted in subsequent revisions with this 4th Edition being published in 2014.

The institutions responsible for publishing *The Food Keeper* wish to sincerely thank the many people in academia, the food industry and government agencies who generously provided data and updated information on the shelf life of the foods listed. We also thank Amy Barkauskas, Cornell University, class of 2013, for her invaluable contribution to this revision of the Food Keeper. We also want to acknowledge the reviewers who spent time reading drafts of this Food Keeper edition and providing useful comments and suggestions for improvement.

Finally, the authors wish to thank you, the readers of the Food Keeper, for your interest in the safety and quality of the foods that you buy, store, prepare and consume. Storing foods properly, preparing them safely and consuming them at the peak of quality helps you and your family to enjoy the flavor and wholesomeness of these products while keeping them safe, minimizing spoilage and reducing food waste. We hope that you enjoy this publication.



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