



Recommended Storage Times

People often ask how long a food will keep. There is no absolute answer. Shelf-life is dependent on many factors including the initial food type and quality, processing and preparation practices, storage temperature and the number and type of bacteria present both before and after processing. Where possible, follow the manufacturers recommendation indicated by the "best before" date. Otherwise, you may wish to follow the following guidelines.

Maximum Recommended Storage Time for Refrigerated Food (0-4°C)	
Food	Storage Period (days)
Ground meat	2 - 3
Roasts/steaks	3 - 5
Bacon/wieners	6 - 7
Poultry	2 - 3
Fish/Shellfish	1 - 2
Leftover egg yolk/white	1 - 2
Luncheon meats	3 - 5
Leftover cooked meats/gravy	1 - 2
Stuffing	1 - 2

Maximum Recommended Storage Time for Dry Goods (room temperature)	
Food	Storage Period (months)
dry yeast	18
powdered milk	4
canned goods	12
cereal grains	8
spices	24
dry beans	24
dried fruit	8
jams/jellies	12
nuts	12
pickles	12
flour	12

Maximum Recommended Storage Time for Frozen Foods (-18°C)	
Food	Storage Period (months)
Roasts/steaks	3
Bacon/wieners	6
Poultry	6
Giblets	3
Fatty fish (salmon, mackerel)	3
Shellfish	3
Other fish	6
Leftover meats/gravy	3
Pre-cooked combination dishes	6
Bread dough containing yeast	1
Cake batter	4

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