

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 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)
bacon/wieners	6 - 7
fish/shellfish	1 - 2
ground meat	2 - 3
leftover cooked meats/gravy	1 - 2
leftover egg yolk/white	1 - 2
luncheon meats	3 - 5
poultry	2 - 3
roasts/steaks	3 - 5
stuffing	1 - 2

Maximum Recommended Storage Time for Frozen Foods (-18°C)	
Food	Storage Period (months)
bacon/wieners	6
bread dough containing yeast	1
cake batter	4
fatty fish (salmon, mackerel)	3
giblets	3
leftover meats/gravy	3
other fish	6
poultry	6
pre-cooked combination dishes	6
roasts/steaks	3
shellfish	3

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

Updated: January 2013

