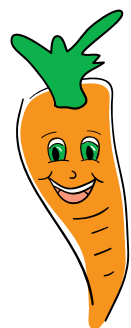


TummySafe: How Long Will It Keep?



TummySafe®

Following are storage guidelines for some foods that are regulars on America's dinner tables.

PRODUCT	STORAGE PERIOD	
	In refrigerator 40°F (5°C)	In freezer 0°F (-18°C)
Fresh meat		
ground beef	1–2 days	3–4 months
steaks and roasts	3–5 days	6–12 months
Pork		
pork chops	3–5 days	4–6 months
ground pork	1–2 days	3–4 months
roasts	3–5 days	4–6 months
Cured meats		
lunch meat	3–5 days	1–2 months
sausage	1–2 days	1–2 months
gravy	1–2 days	2–3 months
Fish		
lean (such as cod, flounder, haddock)	1–2 days	up to 6 months
fatty (such as blue, perch, salmon)	1–2 days	2–3 months
Chicken		
whole	1–2 days	12 months
parts	1–2 days	9 months
giblets	1–2 days	3–4 months
Dairy products		
Swiss, brick, processed cheese	3–4 weeks	*
milk	5 days	1 month
ice cream, ice milk	–	2–4 months
Eggs		
fresh in shell	3 weeks	–
hard-boiled	1 week	–
*Cheese can be frozen, but freezing will affect the texture and taste. Sources: Food Marketing Institute for fish and dairy products; USDA for all other foods. From Food and Drug Administration Publication No. (FDA) 03-1300.		

M1384 (POD-07-17) Distributed by Jenna Schilling, PhD, Extension Associate, Human Sciences.

Copyright 2017 by Mississippi State University. All rights reserved. This publication may be copied and distributed without alteration for nonprofit educational purposes provided that credit is given to the Mississippi State University Extension Service.

Produced by Agricultural Communications.

We are an equal opportunity employer, and all qualified applicants will receive consideration for employment without regard to race, color, religion, sex, national origin, disability status, protected veteran status, or any other characteristic protected by law.

Extension Service of Mississippi State University, cooperating with U.S. Department of Agriculture. Published in furtherance of Acts of Congress, May 8 and June 30, 1914. GARY B. JACKSON, Director