

Storing Food Safely

Good nutrition is important at any age



Storing food properly will help you **prevent food from spoiling and protect you against foodborne illness.**

GENERAL FOOD STORAGE

Buying and storing food with safety in mind will **prevent foods from spoiling or becoming contaminated.**

Food safety tips to use when buying and storing food:

- 1 Get cold or frozen food at the end of your shopping trip
- 2 Keep raw foods away from other food in your cart and fridge
- 3 Store meat, poultry, and seafood in sealed containers or bags on the bottom shelf of your fridge as soon as possible
- 4 Store your vegetables and fruits in your fridge crisper drawer
- 5 Dispose of canned food if it is dented, leaking, or rusted
- 6 Freeze foods that you will not eat by the “best before” date

FRIDGE AND FREEZER STORE TIMES

Food	Fridge 4°C (40°F) or lower	Freezer -18°C (0°F) or lower
Raw beef, pork, lamb, veal	2-4 days	8-12 months
Ground beef, pork, lamb, veal	1-2 days	2-3 months
Cooked ham	3-4 days	2-3 months
Bacon	1 week	1 month
Raw sausage	1-2 days	1-2 months
Pre-cooked sausage	1 week	1-2 months
Raw poultry (whole)	2-3 days	1 year
Raw poultry (pieces)	2-3 days	6 months
Fish*	3-4 days	2-6 months
Fresh clams, crab, lobster	12-24 hours	2 months
Scallops, shrimp	1-2 days	2-4 months
Open lunch meat*	3-5 days	1-2 months
Eggs in shell	3-4 weeks	Don't freeze
Eggs out of shell	2-4 days	4 months
Hardboiled eggs	1 week	Don't freeze
Open milk	3 days	Don't freeze
Open butter*	3 weeks	Don't freeze
Firm cheese*	5 weeks	3 months
Open cottage cheese, yogurt	3 days	Don't freeze
Leftover cooked meat, stews, egg dishes, vegetable dishes	3-4 days	2-3 months
Leftover cooked poultry, fish	3-4 days	4-6 months
Leftover meat broth, gravy	3-4 days	4-6 months
Leftover soup	2-3 days	4 months

*Store times may differ for other types of this product. More fridge and freezer store times can be found [here](#).

Brought to you by the Nutrition & Aging Lab at the University of Waterloo.
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