

How to Store Food Safely



From the farm gate to the supermarket, the Canadian agri-food industry works to deliver a safe food supply to consumers. However, once food is purchased, it's the responsibility of the consumer to handle and store it safely to prevent spoilage, contamination and the development of foodborne bacteria that cause illness. When shopping, check for "best before dates" on packages. Purchase only as much food as you can consume within the recommended period of time. Select shelf-stable items such as canned goods first. Buy refrigerated, deli and frozen foods just before checkout. Always buy food that is at the correct temperature. For example, foods from the dairy area should be cold and cooked foods like rotisserie chicken should be hot. Once you purchase food, go directly home and put cold perishables into the refrigerator or freezer. If this is not possible, store them in an iced cooler until you're able to get them home.

Bacteria multiply rapidly in what's called The Danger Zone between 4°C (40°F) and 60°C (140°F). So it's important for quality and food safety to keep refrigerated foods cold 4°C (40°F) or below. Cooked food should never be kept out of the refrigerator or oven for more than 2 hours. Cold temperatures keep food fresh and inhibit the growth of most bacteria. However, even when stored at the proper temperature, food spoilage microorganisms can still grow and multiply slowly. So there is a limit to the length of time food will taste fresh and be safe to eat. It's a good idea to label containers with the date purchased or cooked.

Be sure your food storage area, refrigerator and freezer are clean.

Once opened, store food in foil, plastic wrap, leak proof plastic bags or airtight containers to keep it from drying out or being contaminated.

Unfortunately, harmful bacteria and other contaminants that cause most cases of foodborne illness cannot be seen, smelled or tasted.

Remember, when in doubt, throw it out!

The storage times in the following charts are from the date of purchase and apply only when the food has been handled correctly.



BAKERY ITEMS

Bakery items containing custards, meat or vegetables or with frosting made of cream cheese, whipped cream or eggs must be kept refrigerated.

| FOOD | SHELF | FRIDGE | FREEZER |
|----------------------------|-----------|-----------|-------------|
| Bread, commercial | 2–4 days | 7–14 days | 1–3 months |
| Bread, pita | 2–4 days | 4–7 days | 1–2 months |
| Cakes, angel food, sponge | 1–2 days | 5–7 days | 2 months |
| Cakes, pound | 3–4 days | 5–7 days | 2 months |
| Cakes, filled and frosted | no | 1–2 days | 2 months |
| Cheesecake | no | 7 days | 2–3 months |
| Cookies, bakery & homemade | 2–3 weeks | 2 months | 8–12 months |
| Doughnuts, glazed & cake | 1–2 days | 5–7 days | 1 month |
| Doughnuts, cream filled | no | 3–4 days | no |
| muffins, Danish pastries | 1–2 days | 7 days | 2 months |
| Pies, cream | no | 3–4 days | no |
| Pies, fruit | 1–2 days | 7 days | 6 months |
| Pies, pumpkin | no | 3–4 days | 1–2 months |
| Rolls | 3–4 days | 7 days | 2 months |

FOODS PURCHASED FROZEN

When shopping, pick up frozen foods just before checking out. Take these foods directly home and place in freezer as soon as possible. Keep a thermometer in your freezer and check often that the temperature is safe -18°C (0°F). For optimum safety, thaw these foods in the refrigerator. But if time is short, defrost in a sink of cold water, changing the water every half hour. Or in the microwave following the appliance manufacturer's directions and cook immediately.

| FOOD | FREEZER | IN FRIDGE AFTER THAWING |
|----------------------------------|------------------------|-------------------------|
| Appetizers | | |
| Battered cheese sticks | 8 months | cook frozen |
| Battered vegetables | 12 months | cook frozen |
| Battered zucchini | 18 months | cook frozen |
| Meat balls | 6 months | cook frozen |
| Mini egg rolls | 18 months | cook frozen |
| Phyllo pastry wrapped appetizers | 12 months | cook frozen |
| Quiche | 12 months | cook frozen |
| Sausage rolls, cooked | 4 months | cook frozen |
| Bread dough | see "best before date" | after baking, 4–7 days |
| Cookie dough | 2–4 months | check label |
| Egg substitutes | see "best before date" | 6–7 days |

Foods Purchased Frozen

| FOOD | FREEZER | IN FRIDGE AFTER THAWING |
|-------------------------------------|----------------|------------------------------------|
| Fish | | |
| Breaded, sauced | 3 months | cook frozen |
| Raw, fat (salmon, lake trout) | 2–3 months | 1–2 days |
| Raw, lean (sole, cod, pike) | 3–6 months | 1–2 days |
| Fruit (berries, melons) | 4–6 months | 4–5 days |
| Fruit juice concentrate | 6–12 months | 7–10 days |
| Ice cream (in refrigerator freezer) | 1 month | no |
| Ice cream (in chest freezer) | 2–4 months | no |
| Lamb roasts | 8–10 months | 3–4 days |
| Lamb chops | 8–10 months | 2–3 days |
| Meat patties, beef | 2–3 months | cook frozen |
| Pancakes, waffles | 2 months | 3–4 days |
| Pastry dough | 2–3 months | 1 day |
| Perogies | 3 months | check label |
| Pizza | 1–2 months | 1 day |
| Potatoes, French–fried | 4–8 months | no |
| Poultry | | |
| Chicken & turkey, whole | 12 months | 2 days |
| Chicken & turkey, parts | 6 months | 2 days |
| Chicken & turkey, ground | 2–3 months | 1 day |
| Breaded, cooked | 6 months | cook frozen |
| Breaded, uncooked | 6 months | cook frozen |
| Breaded portions, stuffed/sauced | 6 months | cook frozen |
| Sausages | | |
| Precooked | 1–2 months | 7 days |
| Uncooked | 1–2 months | 1–2 days |
| Sherbet, frozen yogurt | 2–4 months | no |
| Shrimp, shellfish, raw | 2–3 months | 1–2 days |
| Smoked fish | 2 months | 1–2 days |
| Prepared meals | | |
| TV dinners | 3 months | cook frozen |
| Breakfasts | 3 months | cook frozen |
| Entrees | 3 months | cook frozen |
| Vegetables | 8–12 months | cook frozen |
| Whipped topping | 6 months | 2 weeks |



FOODS PURCHASED REFRIGERATED

Keep a thermometer in your refrigerator and check often that the temperature is below 4°C (40°F). Some bacteria grow and multiply, although very slowly even at these temperatures. So, foods will stay fresh and safe for a limited period of time. If you do not plan to use them right away, it's best to freeze foods right after purchasing. Raw juices from meat, poultry and fish can contain bacteria. Place packages of these foods on trays to prevent their juices dripping onto other foods.

| FOOD | REFRIGERATED | FROZEN |
|------------------------------------|------------------------|---------------|
| Beverages, fruit, cartons, bottles | | |
| Opened | 7–10 days | |
| Unopened | 3 weeks | |
| Unpasteurized | 1 day | |
| Bread | | |
| Pizza crusts | see "best before date" | 3 months |
| Tortillas | see "best before date" | 1–2 months |
| Tube cans, biscuits, rolls | see "best before date" | do not freeze |
| Cookie dough, unopened, opened | see "best before date" | 2–4 months |
| Dairy Products | | |
| Butter | | |
| Salted, unopened | 12 weeks | 6 months |
| Salted, opened | 3 weeks | 6 months |
| Unsalted, unopened | 8 weeks | 6 months |
| Unsalted, opened | 3 weeks | 6 months |
| Cheese | | |
| Cheese, firm, unopened | 3–6 months | |
| Cheese, firm, opened | 3–4 weeks | |
| Cheese, firm, sliced | 2 weeks | |
| Cheese, grated, unopened | see "best before date" | |
| Cheese, grated, opened | 5 days | |
| Cheese, semi-soft, unopened | see "best before date" | |
| Cheese, semi-soft, opened | 2–3 weeks | |
| Cheese, soft, unopened | see "best before date" | |
| Cheese, soft, opened | 1 week | |
| Cheese, processed, unopened | 3 months | 3 months |
| Cheese, processed, opened | 3–4 weeks | |
| Cheese, processed spread, unopened | 3–4 years | |
| Cheese, processed spread, opened | 2 months | |
| Cottage Cheese, Ricotta, Quark | see "best before date" | no |
| Cream cheese | see "best before date" | no |
| Cream cheese dips and spreads | | |
| Unopened | see "best before date" | |
| Opened | 10 days | |

| FOOD | REFRIGERATED | FROZEN |
|--|--|---------------|
| Cream | | |
| Whipping | see "best before date" | no |
| Aerosol can, real whipped cream | 3-4 weeks | no |
| Eggnog, commercial | see "best before date" | 6 months |
| Milk, homogenized | see "best before date" | 3 months |
| Milk, buttermilk | see "best before date" | |
| Sour cream | see "best before date" | |
| Yogourt | | |
| Unopened | see "best before date" | |
| Opened | 7-10 days | 1-2 months |
| Deli Foods | | |
| Meats and sausages, sliced | 2-3 days | |
| Stuffed cabbage rolls | 2-3 days | |
| Chicken, turkey, sliced | 1-2 days | |
| Meat pies | 2-3 days | |
| Rotisserie chicken | 3-4 days | 3 months |
| Salads | 1-2 days | |
| Sausage rolls | 2-3 days | |
| HMR Home Meal Replacements | | |
| Beef pot roast | These products are evolving. many are prepared | |
| Cooked roast pork | and packaged in different ways. Check for a | |
| Cooked turkey | "best before date" and storage information | |
| Turkey gravy | on the label. | |
| Stuffing | | |
| Eggs, whole | see "best before date" | |
| Egg whites | see "best before date" | |
| Fish/Shellfish | | |
| Anchovies, opened | 3-4 days | 3 months |
| Fish, fatty, raw (salmon, lake trout) | 2-3 days | 2-3 months |
| Fish, lean, raw (sole, cod, pike) | 2-3 days | 3-6 months |
| Fish, cooked | 1-2 days | 4-6 months |
| Shellfish, raw crab & lobster | 12-24 hours | 2 to 3 months |
| Shellfish, raw, unshelled, shrimp | 1-2 days | 2 months |
| Shellfish, raw, shelled, shrimp & scallops | 1-2 days | 3 months |
| Shellfish, cooked, unshelled, shrimp | 1-2 days | 2 months |
| Shellfish, raw & cooked, unshelled, clams, mussels | 3 days | 2 months |
| Shellfish, raw & cooked, shelled, clams, mussels | 3 days | 3 months |
| Shellfish, oysters, live | 1 day | 4 months |
| Smoked salmon (fresh lox) | 1-2 days | 2 months |



Foods Purchased Refrigerated

| FOOD | REFRIGERATED | FROZEN |
|---|------------------------------------|--------------------------------------|
| Margarine, unopened | 8 months | 6–12 months |
| Margarine, opened | 1–3 months | |
| Meat, fresh | | |
| Ground meat | 1–2 days | 2–3 months |
| Beef roasts | 3–4 days | 10–12 months |
| Beef steaks | 2–3 days | 10–12 months |
| Lamb roasts | 3–4 days | 8–10 months |
| Lamb chops | 2–3 days | 8–10 months |
| Pork roasts | 3–4 days | 8–10 months |
| Pork chops, ribs | 2–3 days | 8–10 months |
| Sausages | 1–2 days | 1–2 months |
| Veal roasts | 3–4 days | 4–5 months |
| Veal chops | 2–3 days | 4–5 months |
| Variety meats, liver, kidneys | 1–2 days | 3–4 months |
| Meat, smoked or processed | | |
| Bacon | 6–7 days | 1–2 months |
| Ham, fully cooked, whole | 6–7 days | no |
| Ham, fully cooked, slices | 3–4 days | no |
| Ham, cook before eating | 6–7 days | no |
| Hot dogs, unopened | 2 weeks | 2–3 months |
| Hot dogs, opened | 7 days | 2–3 months |
| Lunch meats, packaged | see “best before date” | 1–2 months |
| Sausages | 7 days | 2–3 months |
| Pasta, fresh | see “best before date” | 1–2 months |
| Pizza | see “best before date” | |
| Poultry, Fresh | | |
| Ground chicken and turkey | 24 hours | 2–3 months |
| Chicken & turkey, whole | 2 days | 1 year |
| Chicken & turkey, parts | 2 days | 6 months |
| Chicken giblets | 2 days | 3–4 months |
| Duck, goose, whole | 1–2 days | 3 months |
| Soups | see “best before date” | 2–3 months |
| Soy fortified beverage, opened | see “best before date” or 5–7 days | |
| Tofu cakes, unopened | see “best before date” | 3 months |
| Tofu cakes, opened (changing water daily) | 5–7 days | |
| Vegan meat alternatives, unopened | see “best before date” | 4 months after “best before date” |
| Vegan meat alternatives, opened | 4 days | 4 months after “best before date” |
| Vegan single servings entrees | see “best before date” | no |



FRESH PRODUCE – FRUITS

Fruits are safe at room temperatures, but after ripening they will mold and spoil quickly. So store ripe fruit in the refrigerator. Or most fruit can be frozen, following directions in a reliable freezing guide. Storage life of most home frozen fruit is 6–12 months, depending on the fruit.

| FRUITS | SHELF | FRIDGE |
|--|--------------|------------------|
| Cut fruit, fruit cups | no | 1–2 days |
| Apples, in season, in perforated plastic bag | no | 2 months |
| Apples out of season | no | 2 weeks |
| Apricots, uncovered | until ripe | 1 week |
| Avocados | until ripe | 2–5 days (ripe) |
| Bananas | until ripe | 2 days (ripe) |
| Blueberries, loosely covered | no | 10 days |
| Cherries | no | 3 days |
| Cranberries, uncovered | no | 1–2 weeks |
| Grapefruit, covered | no | 1 month |
| Grapes | no | 5 days |
| Kiwifruit, covered | until ripe | 1–2 weeks (ripe) |
| Lemons, limes, covered | 1 week | 1 month |
| Mangos | until ripe | 3 days (ripe) |
| Melons | | |
| Most types, whole, ripe, covered | until ripe | 3 days (ripe) |
| Most types, precut, tightly sealed | no | 2–3 days |
| Watermelon, whole | few days | 1 week (ripe) |
| Watermelon, precut, tightly sealed | no | up to a week |
| Nectarines, uncovered | until ripe | 1 week (ripe) |
| Oranges, loosely covered | 1 week | 1 month |
| Papaya | until ripe | 1 week (ripe) |
| Peaches, uncovered | until ripe | 1 week (ripe) |
| Pears, uncovered | until ripe | 3–7 days (ripe) |
| Pineapple, uncovered | | 2–3 days |
| Plums | until ripe | 5 days (ripe) |
| Raspberries, loosely covered | | 2 days |
| Rhubarb | | 3 days |
| Strawberries, loosely covered | | 2 days |
| Tangerines, loosely covered | | 1 week |



FRESH PRODUCE – VEGETABLES

Dense raw vegetables such as potatoes and onions may be stored at cool room temperatures. Other vegetables should be refrigerated for quality and food safety. Or most vegetables can be frozen, following directions in a reliable freezing guide. Storage life of most home frozen vegetables is 10 – 12 months.

| VEGETABLES | SHELF | FRIDGE |
|---|-----------------------------|-----------------------------|
| Artichokes, sprinkle with water | | 1 week |
| Asparagus, wrap in damp towel or stand in water | | 4–5 days |
| Beans, green and wax, covered | | 5 days |
| Beets, tops cut to 1 in (2.5 cm), covered | | 3–4 weeks |
| Broccoli, covered | | 5–7 days |
| Brussels sprouts | | 5–7 days |
| Cabbage, green & red, covered | | 2 weeks |
| Carrots, mature, covered | | 3–4 weeks |
| Carrots, young, covered | | 2 weeks |
| Cauliflower, covered | | 7–10 days |
| Celery, covered | | 2 weeks |
| Corn on the cob, if husked, wrap in damp towel in plastic bag | | 2–7 days |
| Cucumbers | | 1 week |
| Eggplant | | 5 days |
| Garlic | | |
| Uncovered | few weeks – 4 months | |
| Minced, packed in oil, unopened | 1 year from production date | |
| Minced, packed in oil, opened | | 1 year from production date |
| Ginger root | | 2 weeks |
| Greens | | |
| Lettuce varieties | | 1 week |
| Others | | 2– 4 days |
| Greens, bagged, precut | | see “best before date” |
| Herbs, fresh | | 4 – 7 days |
| Mushrooms, in paper bag | | 5 days |
| Onions | | |
| Green, leeks | | 1 week |
| Storage, dry, yellow skin | 3 weeks | |
| Sweet, uncovered | 1 week | 1 month |
| Parsnips, covered | | 4 weeks |
| Peas | | 1– 4 days |



Fresh Produce – Vegetables

| VEGETABLES | SHELF | FRIDGE |
|----------------------------------|--------------|-----------------|
| Peppers | | |
| Sweet | | 1 week |
| Hot, in paper bag | | 1–2 weeks |
| Potatoes | | |
| New, in paper bag | | 1 week |
| Mature, in paper bag | 1 month | |
| Sweet potatoes / yams, uncovered | 2–3 weeks | |
| Pumpkins, uncovered | 1 week | |
| Radishes | | 1 week |
| Rutabagas, uncovered | 1 week | 3 weeks |
| Spinach | | 3–4 days |
| Sprouts | | 3–4 days |
| Squash | | |
| Summer, (soft shell) zucchini | | 1 week |
| Winter (hard shell) | 1 week | |
| Tomatoes | until ripe | 2–3 days (ripe) |
| Turnips, covered | | 1 week |



SHELF STABLE FOODS

If necessary, after opening transfer these foods to an air-tight bag or container. For freezing, package in a freezer-proof bag or wrap. Some foods must be refrigerated after opening so check the label. Do not buy open packages of food or cans of food that bulge at the ends, leak or are badly dented. Store shelf stable foods in a clean, dry, cool place.

| FOOD | UNOPENED IN PANTRY | OPENED IN PANTRY | OPENED IN FRIDGE |
|---|-------------------------------|-----------------------------|-----------------------------|
| Baby food | see "best before date" | no | 2–3 days |
| Baby formula, concentrated liquid | see "best before date" | no | 1 day |
| Baby formula, powder | see "best before date" | 1 month | |
| Baby formula, prepared or ready to serve | see "best before date" | no | 48 hours |
| Baking ingredients | | | |
| Baking powder | 12 months | | |
| Baking soda | 12 months | | |
| Cornmeal | 6–12 months | | 12 months |
| Cornstarch | 18 months | 18 months | |
| extracts, vanilla, lemon | 2–3 years | 12 months | |
| Flour | | | |
| White | 6–12 months | 6–8 months | |
| Whole wheat | 3 months | | 6–8 months |
| Frosting canned | 10 months | | 1 week |
| Frosting mix | 12 months | 3 months | |
| Mixes | | | |
| Cake, tea biscuit | 12 months | | |
| Pancake | 6–9 months | | |
| Yeast, dry | see "best before date" | | |
| Bread crumbs, dry | 3 months | | |
| Canned foods, low acid | 2–5 years | | 3–4 days |
| Canned foods, high acid | 12–18 months | | 5–7 days |
| Cereals | | | |
| Ready-to-eat | 8 months | 3 months | |
| Rolled oats | 6–10 months | 6–10 months | |
| Granola | 6 months | | |
| Wheat germ | | | 1 yr after production date |
| Cheese, processed cheese spread | 8 months | | |
| Chocolate, baking squares, dark | 2 years | 2 years | |
| Chocolate, baking squares, white | 13 months | 13 months | |
| Chocolate chips | 2 years | 2 years | |
| Chocolate syrup | 2 years | | 6 months |
| Cocoa | 10–12 months | | |
| Coffee | | | |
| Beans, non vacuum bag | 1–3 weeks | | 3 months (freezer) |
| Ground | 2–4 weeks | 2 weeks | |
| Instant | 12 months | | |

Shelf Stable Foods

| FOOD | UNOPENED IN PANTRY | OPENED IN PANTRY | OPENED IN FRIDGE |
|---------------------------------|-------------------------------|-----------------------------|-----------------------------|
| Coffee whitener | 6 months | | |
| Condiments | | | |
| Asian sauces | 12 months | | 4–6 months |
| Barbecue sauce | 12 months | 1 month | 4–6 months |
| Horseradish in jar | 12 months | no | 3–4 months |
| Ketchup | 12 months | 1 month | 6 months |
| Mayonnaise, commercial | see “best before date” | | 6–8 weeks |
| Mustard | 12 months | | 12 months |
| Olives, black & green | 12–18 months | | 2 weeks |
| Pickles | 12 months | | 1–2 months |
| Salsa | 12 months | | 2 weeks |
| Worcestershire sauce | | 1 year | |
| Cookies, packaged | 2 months | | 1 month |
| Crackers | 6 months | | |
| Cranberry sauce | | | 3 weeks |
| Dried beans, peas, lentils | 12 months | 12 months | |
| Fish and shellfish | 12 months | | 2 days |
| Fruit, dried | 6 months | 6 months | |
| Gelatin, all types | 12 months | | |
| Herbs, dried | 6–12 months | | |
| Honey, pasteurized | 2 years | | |
| Jams & jellies | 12 months | | 6 months |
| Juice boxes | 4–6 months | | 8–12 days |
| Marshmallows, marshmallow crème | 2–4 months | | 1 month |
| Milk, buttermilk powder | 6 months | | 1 month |
| Milk, condensed | 9–12 months | | 4–5 days |
| Milk, evaporated | 9–12 months | | 4–5 days |
| Milk, skim milk powder, | 6–12 months | | 1 month |
| Milk, UHT | see “best before date” | | 7 days |
| Molasses | 1–2 years | 6 months | |
| Mushrooms, dried | 6 months | | 3–6 months |
| Nuts | | | |
| In shell | 4 months | | |
| Out of shell | | 2 weeks | |
| Nutmeats, in vacuum can | 12 months | | |
| Nutmeats, other packaging | 3 months | 2 weeks | |
| Nuts, unsalted | | | 9–12 months |
| Nuts, salted | | | 6–8 months |
| Oils | | | |
| Butter-flavored hydrogenated | 12 months | 9 months | no |
| Canola | 12–18 months | 6–9 months | 12 months |
| Cold press | no | no | 6 months |
| Corn oil | 12–18 months | 6–9 months | 10–12 months |
| Flaxseed oil, unopened | no | no | 3 months |
| Flaxseed oil, opened | no | no | 3 weeks |

| FOOD | UNOPENED IN PANTRY | OPENED IN PANTRY | OPENED IN FRIDGE |
|-------------------------------------|-------------------------------|-----------------------------|------------------------------------|
| Oils (cont) | | | |
| Grapeseed, refined | 18–20 months | 6–8 months | 12 months |
| Olive oil, extra virgin | 9–12 months | 6–7 months | 12 months |
| Peanut oil | 12 months | 6–7 months | 12 months |
| Pumpkin oil | 7 months | 2–3 months | 4–6 months |
| Safflower oil | 12 months | 9 months | 18 months |
| Salad dressings, commercial | see “best before date” | | see “best before date” or 3 months |
| Sesame oil | 12 months | 8–9 months | 16 months |
| Solid vegetable shortenings | 6 months | 10–12 months | 12 months |
| Soybean oil | 12–18 months | 6–9 months | 12 months |
| Sunflower oil | 9 months | 3–6 months | 6–8 months |
| Vegetable oil sprays | 12–24 months | 12 months | no |
| Walnut oil | 7 months | 3–4 months | 6–8 months |
| Pasta | several years | | |
| Peanut butter | 6–9 months | 2–3 months | |
| Pectin, Powdered | see “best before date” | | |
| Pectin, liquid | see “best before date” | | 1 month (covered) |
| Pie filling, pudding mix | 18 months | | |
| Popcorn | 2 years | | |
| Potato flakes | 6–12 months | | |
| Rice, white | several years | | |
| Rice, brown | 6 months | | |
| Rice, flavored | 6 months | | |
| Sauces and gravy mixes | 6–12 months | | |
| Soup mixes | 12 months | | |
| Soy drink | see “best before date” | | 5–10 days |
| Spices, whole | 3 years | | |
| Spices, ground | 1–2 years | | |
| Sugar | | | |
| Brown | 4 months | | |
| Confectioners | 18 months | | |
| Granulated | 2 years | | |
| Artificial sweetener | 2 years | | |
| Syrups – corn, table | 12 months | 12 months | |
| Syrups – maple | | | 12 months |
| Tahini | 12–18 months | 90–120 days | longer |
| Tea, Bags | 12–18 months | | |
| Tea, loose | 2 years | | |
| Tomato & pasta sauce, cans, jars | 12 months | no | 5 days |
| Tomatoes, sun dried | | | 12 months |
| Tomatoes, sun dried, in oil, opened | | | 4 months |
| Vinegar | 2 years | 1 year | |
| Toaster pastries | 2–3 months | | |
| Yeast, dry | see “best before date” | | |

HOME COOKED FOODS

Refrigerate cooked foods as soon as possible after a meal. Once the foods have cooled, cover with lids or plastic food wrap. Then use them quickly or freeze as they have a short shelf life. If you have any doubts about the safety of a leftover food, throw it out.

| FOOD | IN FRIDGE | FROZEN |
|--|-------------------|---------------|
| Antipasto | 10 days | 12 months |
| Baby formula, correctly prepared | 48 hours | no |
| Cheese ball | 1 week | |
| Cheesecake, baked | | 6 months |
| Chicken & turkey gravy | 1–2 days | 2–3 months |
| Cooked fish | 1–2 days | 4–6 months |
| Cooked meat | 3–4 days | 2–3 months |
| Cooked chicken & turkey | 3–4 days | 3 months |
| Cooked rice & noodles | 3 days | 3 months |
| Cranberry sauce | 3 weeks | 1 year |
| Eggnog | 1 day | no |
| Eggs, hard cooked | 1 week | no |
| Eggs, leftover whites | 1–2 days | 1 year |
| Eggs, leftover yolks and whites | 2–3 days, covered | 4 months |
| Herb and garlic flavored oils, fresh | 2–3 days | no |
| Homemade herb & garlic flavored oils, heat processed correctly | 1 month | no |
| Meat casseroles, pies | 2–3 days | 3 months |
| Potatoes, cooked, mashed | 3 days | |
| Pies, unbaked, fruit | no | 6 months |
| Soups, meat or vegetable | 3– 4 days | 2–3 months |
| Sandwiches | overnight | 6 weeks |
| Turkey stuffing | 3–4 days | 3 months |



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For further food safety and storage information call the ATCO Blue Flame kitchen at
1.877.420.9090. www.atcoblueflamekitchen.com