

Food Safety for Boomers and Beyond



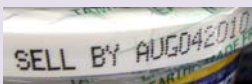
Food Storage Chart¹

Be Safe - Follow the Guidelines

Check the dates on foods before buying and be aware how long foods are stored.

Food dates and what they mean

Sell by:
Store should sell product by this date



Best if used by:
Consumer should use the product by this date—best flavor, quality and safe to eat



Expiration:
Products should be discarded after this date—not safe to eat



	Refrigerator (<40° F) days	Freezer (<0° F) months		Refrigerator (<40° F) days	Freezer (<0° F) months
Fresh Meat			Eggs		
Beef	2-4	10-12	Fresh, in shell	21-28	Don't freeze
Pork	2-4	8-12	Fresh, out of shell	2-4	4
Lamb	2-4	8-12	Hard cooked	7	Don't freeze
Ground	1-2	2-3	Egg substitutes	10	Don't freeze
Fresh Poultry			Opened	3	12
Whole	2-3	12	Dairy Products		
Pieces	2-3	6	Milk	Check date	1 ½
Fresh Fish			Opened	3	Don't freeze
Salmon, cod	3-4	2-6	Cottage cheese	Check date	Don't freeze
Shellfish (crab, lobster)	1	2-4	Opened	3	Don't freeze
Scallops, shrimp	1-2	2-4	Yogurt	Check date	1-2
Ham			Opened	3	Don't freeze
Canned	6-9 mos	Don't freeze	Cheese		
Fully cooked	3-4	2-3	Soft	7	Don't freeze
Bacon and Sausage			Semi-soft	14-21	2
Bacon	7	1	Firm	35	3
Sausage, raw	1-2	1-2	Hard	10 mos	12
Precooked sausage	7	1-2	Processed	2-3 mos	3
Leftovers			Opened	24-30	Don't freeze
Cooked meats, stews, egg, or veg dishes	3-4	2-3	Butter		
Gravy & meat broth	1-2	2-3	Salted	40	12
Poultry or fish	3-4	4-6	Unsalted	40	3
Soups	2-3	4	Opened	21	Don't freeze
Hot Dogs / Lunch Meats					
Hotdogs	14	1-2			
Opened	7	1-2			
Lunch meats	14	1-2			
Opened	3-5	1-2			

* The only acceptable way to thaw frozen food is in the refrigerator, under running water, or in a microwave if the food will be cooked immediately or as part of the cooking process! Be smart, thaw safely!

Storing Canned Foods:

- Store in cool, clean, dry place
- Date canned goods, and consume in 1 year or before expiration date
- Never use or purchase cans with dents, rust or bulging
- Never use or purchase jars with loose or bulging lids

Source: ¹Canadian Partnership for Consumer Food Safety Education, Food Safety for Older Adults



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www.ksre.ksu.edu/foodsafety

