

Food Cold Storage Chart

Refrigerator and Freezer

Food	Refrigerator at 4 °C (40 °F) or lower	Freezer at - 18 °C (0 °F) or lower
Fresh meat		
Beef	2-4 days	10 - 12 months
Pork	2-4 days	8 - 12 months
Lamb	2-4 days	8 - 12 months
Veal	3-4 days	8 - 12 months
Ground meat	1-2 days	2 - 3 months
Fresh poultry		
Chicken/Turkey - whole	2-3 days	1 year
Chicken/Turkey - pieces	2-3 days	6 months
Fresh fish		
Lean fish - cod, flounder etc.	3-4 days	6 months
Fatty fish - salmon etc.	3-4 days	2 months
Shellfish - clams, crab, lobster etc.	12-24 hours	2-4 months
Scallops, shrimp, cooked shellfish	1-2 days	2-4 months

Food	Refrigerator at 4 °C (40 °F) or lower	Freezer at - 18 °C (0 °F) or lower
Ham		
Canned ham (in can un-opened)	6-9 months	Don't freeze
Cooked ham	3-4 days	2-3 months
Bacon and sausages		
Bacon	1 week	1 month
Raw sausage	1-2 days	1-2 months
Pre-cooked sausage links or patties	1 week	1-2 months
Hot dogs		
Un-opened hotdogs	2 weeks	1-2 months
Opened hotdogs	1 week	1-2 months
Lunch meat and deli food		
Un-opened lunch meat	2 weeks	1-2 months
Opened lunch meat	3-5 days	1-2 months
Deli packaged lunch meat	3-4 days	2-3 months
Deli or homemade salads	3-5 days	Don't freeze
Leftovers		
Cooked meat, stews, egg or vegetable dishes	3-4 days	2-3 months
Cooked poultry and fish	3-4 days	4-6 months
Meat broth and gravy	3-4 days	4-6 months

Food	Refrigerator at 4 °C (40 °F) or lower	Freezer at - 18 °C (0 °F) or lower
Soups	2-3 days	4 months
Frozen dinners		
Keep frozen until ready to cook		3-4 months
Eggs		
Fresh in shell	3-4 weeks	Don't freeze
Fresh out of the shell	2-4 days	4 months
Hard-cooked	1 week	Doesn't freeze well
Egg substitutes un-opened	10 days	1 year
Egg substitutes opened	3 days	Don't freeze
Dairy products		
Un-opened milk	Best before date	6 weeks
Opened milk	3 days	Don't freeze
Un-opened cottage cheese	Best before date	Doesn't freeze well
Opened cottage cheese	3 days	Don't freeze
Un-opened yogurt	Best before date	1-2 months
Opened yogurt	3 days	Don't freeze
Soft cheese	1 week	Doesn't freeze well
Semi-soft cheese	2-3 weeks	8 weeks
Firm cheese	5 weeks	3 months
Hard cheese	10 months	1 year

Food	Refrigerator at 4 °C (40 °F) or lower	Freezer at - 18 °C (0 °F) or lower
Processed cheese	5 months	3 months
Un-opened salted butter	8 weeks	1 year
Un-opened unsalted butter	8 weeks	3 months
Opened butter	3 weeks	Don't freeze
Vegetables		
Beans, green or waxed	5 days	8 months
Carrots	2 weeks	10-12 months
Celery	2 weeks	10-12 months
Leaf lettuce	3-7 days	Don't freeze
Iceberg lettuce	1-2 weeks	Don't freeze
Spinach	2-4 weeks	10-12 months
Summer squash	1 week	10-12 months
Winter squash	2 weeks	10-12 months
Tomatoes	Don't refrigerate	2 months

Reference: Health Canada. <https://www.canada.ca/en/health-canada/services/general-food-safety-tips/safe-food-storage.html>