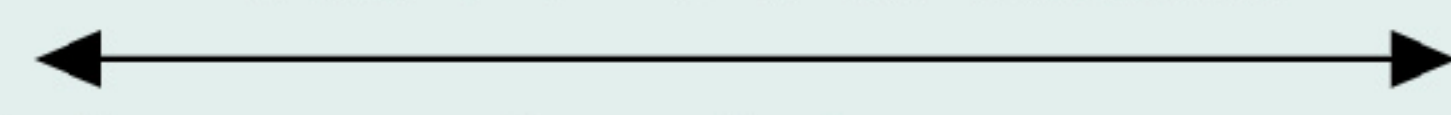


The Salty Pot Food Storage Guide



Refrigerator Storage Times

(40°F / 4°C or below)



Cooked leftovers - 3 to 4 days
Milk - 7 days
Cheese (soft, like cream cheese or ricotta) - 1 week
Cheese (hard, like cheddar or parmesan) - 3 to 4 weeks
Yogurt - 1 to 2 weeks
Eggs (raw, in shell) - 3 to 5 weeks
Eggs (hard-boiled) - 1 week
Raw poultry - 1 to 2 days
Raw ground meats (beef, pork, chicken, etc.) - 1 to 2 days
Raw seafood - 1 to 2 days
Cooked meats and seafood - 3 to 4 days
Deli meats - 3 to 5 days
Fresh vegetables (washed and prepped) - 3 to 5 days
Fresh fruit (berries, grapes, etc.) - 3 to 7 days

Freezer Storage Times

(0°F / -18°C or below)



Raw poultry (whole) - 1 year
Raw poultry (parts, like breasts or thighs) - 9 months
Raw ground meats - 3 - 4 months
Raw beef, veal, lamb (steaks, roasts, or chops) - 6- 12 months
Raw pork (chops, roasts, ribs, etc.) - 4 - 6 months
Cooked meats and poultry - 2 to 6 months
Soups and stews - 2 - 3 months
Cooked seafood - 2 - 3 months
Bread and baked goods - 2 - 3 months
Butter - 6 - 9 months
Cheese (hard, like cheddar or parmesan) - 6 months
Vegetables (blanched before freezing) - 8 - 12 months
Fruit (properly packaged) - 6 -12 months

Pantry Storage Times

(Cool, Dry, and Dark Place)



Flour - 6 to 8 months
Rice (white, uncooked) - 2 years
Rice (brown, uncooked) - 6 months
Pasta (uncooked, dry) - 1 to 2 years
Dried beans and lentils - 1 to 2 years
Canned vegetables - 1 to 5 years
Canned meats and fish - 2 to 5 years
Canned fruits - 1 to 2 years
Pantry Storage Continued --->

Pantry Storage Times

(Continued)



Cooking oils - 6 months to 1 year
Nuts and seeds - 3 to 6 months (longer if refrigerated)
Sugar (granulated, brown, powdered) - Indefinite if stored properly
Honey - Indefinite
Coffee (ground, unopened) - 3 to 5 months
Tea bags - 1 to 2 years
Spices and dried herbs - 1 to 3 years

For best results, label and date all stored items and use the First In, First Out (FIFO) method to rotate your food supply.

Tip: If in doubt, throw it out! If food smells off, has mold, or looks questionable, don't risk it.