

FRIDGE FACTS: WHEN TO KEEP AND WHEN TO TOSS



Can I eat that?

Should I throw the milk away?

Has this meat spoiled?

Do frozen foods go bad?

How long are eggs good?



MEAT AND SEAFOOD		
PROCESSED PRODUCT	UNOPENED, AFTER PURCHASE	AFTER OPENING
Cooked Poultry or sausage	3 to 4 days	
Corned beef, uncooked, in pouch	5 to 7 days	3 to 4 days
Vacuum-packed dinners	2 weeks	
Sausage, hard/dry, shelf-stable	6 weeks	3 weeks
Bacon or hot dogs		7 days
Luncheon meat	2 weeks	3 to 5 days
Fully cooked ham	7 days	Slices - 3 days Whole - 7 days
Shelf stable ham	2 years	3-5 days
Shelf stable, canned meat and poultry	2 to 5 years	4 to 5 days

DAIRY	
PRODUCT	"USE BY" GUIDELINE
Milk	Discard all milk within one week of opening, regardless of the sell-by date.
Yogurt	Should be consumed within 7 to 10 days from the sell-by date.
Ice Cream	Will maintain quality for 2 to 4 months, but may be safely consumed following per your palate.
Hard Cheeses	Hard cheeses and cheese spreads will generally last 3 to 4 weeks in the refrigerator or may be placed in the freezer with an anticipated decrease in quality.
Soft Cheeses	Softer cheeses have a shorter shelf life, with cream cheese acceptable for about 2 weeks, cottage cheese 10 to 30 days, and ricotta cheese lasting only about 5 days.

PRODUCT	"USE BY" GUIDELINE
Eggs	Raw eggs may be kept in the refrigerator for 3 to 5 weeks while hard-boiled eggs should be consumed within one week. Eggs are best kept within their original carton and will decline faster with exposure within the refrigerator door egg tray.
Leftovers	Leftovers should be transferred to small shallow containers to encourage efficient cooling. Date all leftovers and use within 4 to 7 days. Discard any items left unrefrigerated for more than two hours.