

# food storage guide

FOOD		REFRIGERATOR	FREEZER
MILK		1-2 WEEKS (SELL BY DATE)	3 MONTHS
HARD CHEESES		6 MONTHS (UNOPENED) 3-4 MONTHS (OPENED)	6 MONTHS
BUTTER		5-6 MONTHS	5 MONTHS (UNSALTED) 9 MONTHS (SALTED)
RAW BURGERS		1-2 DAYS	3-4 MONTHS
CHOPS, ROASTS & STEAKS		3-5 DAYS	4-12 MONTHS
POULTRY PIECES		1-2 DAYS	9 MONTHS
FRESH FISH		1-2 DAYS	3-8 MONTHS
FRESH EGG YOLKS & WHITES		2-4 DAYS	1 YEAR
SOUPS & STEWS		3-4 DAYS	2-3 MONTHS
PIZZA		3-4 DAYS	1-2 MONTHS