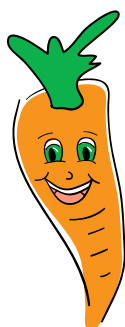


TummySafe: How Long Will It Keep?



TummySafe®

The following table includes storage guidelines for some foods that are regulars on America's dinner tables.

Product	Storage Period	
	In refrigerator 40°F (5°C)	In freezer 0°F (–18°C)
Fresh meat		
ground beef	1–2 days	3–4 months
steaks and roasts	3–5 days	6–12 months
Pork		
pork chops	3–5 days	4–6 months
ground pork	1–2 days	3–4 months
roasts	3–5 days	4–6 months
Cured meats		
lunch meat	3–5 days	1–2 months
sausage	1–2 days	1–2 months
gravy	1–2 days	2–3 months
Fish		
lean (e.g., cod, flounder, haddock)	1–2 days	6–8 months
fatty (e.g., blue, perch, salmon)	1–2 days	2–3 months
Chicken		
whole	1–2 days	12 months
parts	1–2 days	9 months
giblets	1–2 days	3–4 months
Dairy products		
hard cheeses (block) after opening	3–4 weeks	*
soft cheeses	1 week	*
cream cheese	2 weeks	*
milk	7 days	3 months
ice cream, ice milk	–	2–4 months
Eggs		
fresh in shell	3–5 weeks	–
hard-boiled	1 week	–

*Cheese can be frozen, but freezing will affect the texture and taste.

Sources: USDA and Food and Drug Administration [Food Facts](#).

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Distributed by **Sheri Worthy**, PhD, Professor, Human Sciences.



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