

SHELF LIFE CHEAT SHEET

(Proper storage = food safety + reduced waste!)

REFRIGERATED FOODS (PERISHABLES)

Dairy Products

- Milk: 7 days after opening
- Yogurt: 7–14 days
- Cheese (soft): 7 days
- Cheese (hard): 4 weeks

Seafood

- Raw fish: 1–2 days
- Cooked seafood: 3 days

Eggs

- Raw eggs (in shell): 4–5 weeks
- Hard-boiled eggs (peeled): 7 days

Fresh Produce

- Cut leafy greens: 5–7 days (Stored at $\leq 41^{\circ}\text{F}$ per FDA guidelines)
- Cut melons, tomatoes, & leafy greens: 7 days
- Whole vegetables: Varies (store per FIFO guidelines)

Meat & Poultry

- Raw chicken: 1–2 days
- Raw beef/pork: 3–5 days
- Cooked meat: 3–4 days
- Deli meats (opened): 3 days

DRY STORAGE (NON-PERISHABLES)

Grains & Breads

- Bread: 5–7 days (Refrigerate to extend shelf life)
- Pasta/Rice (uncooked): 1–2 years

Oils & Condiments

- Cooking oil: 6–12 months
- Ketchup/Mayo (opened): 1 month (fridge)
- Peanut butter: 3 months (natural), 6–9 months (processed)

Nuts & Seeds

- Unopened: 6 months
- Opened: 3 months

Canned Goods

- High-acid (tomatoes, fruit): 12–18 months
- Low-acid (beans, meats): 2–5 years
- Discard if bulging, rusted, or dented

FREEZER STORAGE GUIDELINES

Meat & Seafood

- Raw poultry: 12 months
- Raw beef/pork: 4–12 months
- Cooked meats: 2–6 months
- Fish (lean): 6 months
- Fish (fatty): 2–3 months

Prepared & Packaged Foods

- Soups/stews: 2–3 months
- Frozen vegetables: 8–12 months
- Bread: 3 months

BEST PRACTICES FOR COMMERCIAL KITCHEN

- ✓ Label & Date Everything – Use stickers to track prep & expiration dates.
- ✓ Follow FIFO (First In, First Out) – Older items are used first.
- ✓ Storage Temps Matter – Refrigerated foods $\leq 41^{\circ}\text{F}$, frozen $\leq 0^{\circ}\text{F}$.
- ✓ Inspect Daily – Check for spoilage, discoloration, and off-odors.
- ✓ When in Doubt, Throw It Out! – Never risk foodborne illness.

***This is best practice from various food industry experts and always check with your local Health Department**