

# COLD facts on FOOD STORAGE

## Guidelines for the Refrigerator

An ongoing rule for the fridge should be 'First Come, First Served'. Use older products first and store newer products in the back. Once opened, a food package should be placed in a plastic bag or container. Wrap foods to prevent the loss of flavor. The refrigerator temperature should be between 34 and 40 degrees Fahrenheit at all times. Refrain from opening the door excessively, especially in the summer.

## Guidelines for the Freezer

Freezer temperature should always be below 0 degrees Fahrenheit. If your ice cream is frozen solid, your freezer is doing its job. Remember to label and date the packages so that you know what those foil-wrapped objects contain and when they should be used. Flavor and texture will lessen if food is stored beyond the recommended length of time.

## Storage Strategies:

### RECOMMENDED STORAGE TIME

FOOD	FRIDGE	FREEZER
Milk	5-7 days	
Hard Cheese	6-12 weeks	6-12 months
Butter	3 months	6-9 months
Ice Cream		2 months
Eggs	3 weeks	
Fresh Meat	2-3 days	6-12 months
Cooked Meat	5-6 days	1-2 months
Fresh Poultry	1-2 days	12 months
Fresh Fish	1-2 days	2-6 months
Cooked Fish	4-5 days	3 months
Bread	3-5 days	6-12 months
Baked Cakes & Cookies	7 days	6 months
FOOD	UNOPENED	OPENED
Canned Fruit Juice	8 months	7-10 days
Mayonnaise	Indefinitely	2-3 months
Ketchup	1 year	6 months
Salad Dressing	10-12 months	3 months
Jams and Jellies	1 year	6 months
Peanut Butter	2 years	2-3 months (pantry), 6 months (fridge)
Cereal	1 year	2-3 months
FOOD	IN SEALED AIRTIGHT CONTAINER	
Pasta	2 years	
Sugar (granulated)	2 years	
Brown Sugar	Indefinitely	
Flour	1 year	