



"center of the plate specialists"

## Refrigerator & Freezer Storage Guide

<i>Food Type</i>	<i>Refrigerator</i>	<i>Freezer</i>
<b><i>Fresh Meat (Beef, Veal, Lamb, &amp; Pork)</i></b>		
Steaks	3 to 5 days	6 to 8 months
Chops	3 to 5 days	4 to 6 months
Roasts	3 to 5 days	4 to 8 months
<b><i>Cooked Meat</i></b>		
Cooked meat & meat dishes	3 to 4 days	Not advised
<b><i>Fresh Poultry</i></b>		
Chicken or turkey, whole	1 to 2 days	6 months
Chicken or turkey, parts	1 to 2 days	6 months
<b><i>Cooked Poultry</i></b>		
Cooked poultry dishes	3 to 4 days	Not advised
Pieces, plain	3 to 4 days	Not advised
Pieces covered with broth, gravy	1 to 2 days	Not advised
<b><i>Fish &amp; Shellfish</i></b>		
Fresh lobster, shrimp, scallops	1 to 2 days	3 to 6 months
Lean fish	1 to 2 days	6 months
Fatty fish	1 to 2 days	2 to 3 months
Cooked fish	3 to 4 days	4 to 6 months
Smoked fish	14 days	2 months