

# The Food Keeper

## A Consumer Guide to Food Quality and Safe Handling

(developed by the FOOD MARKETING INSTITUTE with  
CORNELL UNIVERSITY COOPERATIVE EXTENSION)

Today, we have many choices of fresh, frozen, canned, and prepared foods. Our stores are required to maintain quality assurance and sanitation standards to make sure we receive wholesome and safe food products.

After we select our food items, it is up to us to take care of them properly. "THE FOOD KEEPER" contains food safety and storage advice that will help us maintain the freshness, quality, and safety of foods we purchase.

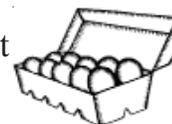
Storage times listed in the recommended charts are intended as guidelines and not as "set" rules. Especially in warmer climates like Hawaii, some foods may spoil quicker. Remember to buy foods in reasonable quantities and rotate the products in your pantry, refrigerator and freezer. **IF YOU HAVE ANY DOUBT ABOUT A FOOD ITEM, THROW IT OUT!**



### FILLING THE CART



- Shop for shelf-stable items such as canned and dry goods first.
- Buy refrigerated, frozen foods and hot deli items last -- right before checking out.
- Do not choose meat, fish, poultry or dairy products that feel warm to the touch or have a damaged or torn package. Place leaking or wet packages in plastic bags.
- Choose only pasteurized dairy products.
- Choose only refrigerated eggs and make sure they are not cracked or dirty.
- Check "sell-by" and "use-by" dates on packages.
- Buy intact cans that are not bulging, leaking or dented on the seam or rim.



## HANDLING FOOD SAFELY AT HOME



Many cases of food poisoning occur each year due to improper handling of foods in the home. Once you purchase food, go directly home. If this is not possible, keep a cooler with coolants in the car to transport cold, perishable items. Once you arrive home, immediately put cold perishables into the refrigerator or freezer.

Hot perishable foods picked up from the deli department need to be kept warm and consumed within two hours. If you purchase hot deli foods to eat at a later time, place the food in small portions in shallow containers and refrigerate or freeze as soon as possible. Perishable foods should be kept at room temperature no longer than two hours.

Bacteria multiply rapidly at temperatures between 40°F and 140°F. Unfortunately, the harmful bacteria that cause most cases of food poisoning cannot be seen, smelled, or tasted. Therefore it's important to:

- Keep **COLD FOODS COLD** (40°F or below) and **HOT FOODS HOT** (above 140°F) and follow these other rules for handling food safely:

- Keep EVERYTHING clean--hands, utensils, counter, cutting boards and sinks.
- Always WASH HANDS thoroughly in hot soapy water before preparing foods, and after handling raw meat, poultry or seafood.
- Do not let RAW JUICES from meat, poultry or seafood touch ready-to-eat foods in the refrigerator or during food preparation.



## REFRIGERATING FOOD

We keep food in the refrigerator to preserve its freshness and keep it safe. Cold temperatures keep food fresh and inhibit the growth of most bacteria.

However, food spoiling microorganisms can still grow and multiply slowly over time, so there is a limit to the length of time various food will stay fresh in the refrigerator. Eventually, food will begin to look and, or smell bad, at which point, it should be thrown out. Use the following temperature and storage tips to help keep perishable foods safe. Refer to the accompanying chart on the enclosed insert for refrigerator storage times.

### Temperature Tips

Set the refrigerator to maintain a temperature of 40°F or below. Keep a refrigerator thermometer in the unit or check the temperature periodically. Do not overload the refrigerator. Air must circulate freely to cool all foods evenly.

### Storage Tips

- Leave meat and poultry products in the store wrap before using, since repeated handling can introduce bacteria into the product or spread bacteria around the kitchen.
- Store opened food in foil, plastic wrap, leakproof plastic bags or airtight containers to keep food from spilling or drying out.
- Place meat, poultry, and seafood in the coldest part of the refrigerator. Store eggs in their original carton on a shelf, and not on the door.
- Defrost frozen meats or marinate meats in the refrigerator on the bottom shelf where they will remain temperature-safe -- never on the kitchen counter.
- Clean the refrigerator regularly to remove spoiled foods so that bacteria cannot be passed to other foods.

## FREEZING FOOD

Because food frozen at peak quality will taste better than foods frozen near the end of their useful life, quickly freeze items you do not plan to use in the next day or two.

### Packaging Tips

Proper packaging helps to maintain quality and prevent "freezer burn." It is safe to freeze foods in their supermarket wrappings. Many supermarket wrappings are air permeable. For longer storage, wrap packages with airtight heavy-duty foil, plastic wrap, freezer paper, or place packages inside a plastic bag. Date packages and use them within a month or two, using the oldest items first.

### Freezer Burn Tips

If frozen food gets "freezer burn," it is still safe to eat; it is merely dry in spots. Cut freezer-burned portions away either before or after cooking the food.

### Defrosting Tips

Freezing to 0°F inactivates but does **NOT** destroy microbes - bacteria, yeasts, and molds - present in food. Once food is thawed, these microbes can again become active, multiplying under the right conditions to levels that can lead to foodborne illness.

Never defrost foods outdoors, or on the kitchen counter. These methods encourage growth of harmful bacteria that may be present.

There are three safe ways to defrost food:

- (1) in the refrigerator
- (2) in cold water and
- (3) in the microwave.

Food thawed in the refrigerator is safe to refreeze without cooking. It is important to plan ahead because food may take several hours to thaw in the refrigerator.

## PANTRY STORAGE

Shelf-stable foods such as canned goods, cereal, baking mixes, pasta, dry beans, mustard, ketchup and peanut butter can be kept **unopened** safely at room temperature. However, be sure to read package labels. Some items must be refrigerated after opening.

To keep these foods at their best quality, store in clean, dry, cool (below 85°F) cabinets away from the stove or the refrigerator's exhaust. Extremely hot (over 100°F) and cold temperatures are harmful to canned goods.

### Never use food from:

1. Cans that are leaking, bulging, badly dented, or with a foul odor
2. Jars that are cracked or that have loose or bulging lids
3. Any container that spurts liquids when you open it.

NEVER TASTE such foods. Throw out any food you suspect is spoiled. **WHEN IN DOUBT, THROW IT OUT.** In general, most canned foods have a long "shelf life," and when properly stored, they are safe to eat for several years:

- Low-acid canned goods: 2 to 5 years (canned meat and poultry, stews, soups [except tomato soup], pasta products, potatoes, corn, carrots, spinach, beans, beets, peas and pumpkin).
- High-acid canned goods: 12 to 18 months (tomato products, fruits, sauerkraut and foods in vinegar-based sauces or dressings).
- Some canned hams are shelf-stable. Never store ham or any foods labeled "keep refrigerated" in the pantry. Such foods must be stored in the refrigerator.

# FOOD PRODUCT DATING

**D**ates are printed on many food products. After the date expires, must you discard that food? In most cases, no. A calendar date may be stamped on a product's package to help the store determine how long to display the product for sale. It is not a safety date.

Product dating is not required by federal regulations, although dating of some foods is required by more than 20 states. Calendar dates are found primarily on perishable foods such as dairy products, eggs, meat and poultry. Coded dates might appear on shelf stable products such as cans and boxes of food.

There are several types of dates:

- **"Sell-by" date** – tells the store how long to display the products for sale. You should buy the product before the date expires.
- **"Best if Used By (or Before)"** – recommended for best flavor or quality. It is not a purchase or safety date.
- **"Use-by"** – the last date recommended for use of the products while at peak quality. The date has been determined by the manufacturer of the product.
- **"Closed or Coded Dates"** – packing numbers for use by the manufacturer in tracking their products. This enables manufacturers to rotate their stock as well as locate their products in the event of a recall.

If a product does not have a date on it, write the purchase date on it before you refrigerate or freeze it. While food product dating can help us determine how long a product will be at peak quality, all foods should still be handled, stored, and prepared safely to help prevent incidences of foodborne illness.

## BABY FOOD

**D**o not buy or use infant formula and baby food past its "use-by" date. Federal regulations require a date on those products.



## EXPIRED DATES

**A**s long as products are wholesome, a retailer may legally sell fresh or processed meat and poultry products beyond the expiration date on the package.



# Food Keeper's Guide

THE FOOD MARKETING INSTITUTE WITH CORNELL UNIVERSITY COOPERATIVE EXTENSION

The storage times listed below are intended as guidelines and not definite rules. Especially in warmer climates like Hawaii, foods may spoil faster. Buy in reasonable amounts and **WHEN IN DOUBT ABOUT A FOOD, THROW IT OUT!!!**

## Shelf Stable Foods

Before opening, shelf stable foods should be safe unless the can or packaging has been damaged. After opening, store products in tightly closed containers. The storage of many shelf stable items at room temperature is a quality issue - unless the product is contaminated (bugs in flour, for example). Some foods must be refrigerated after opening, such as tuna or chili. Check the following storage chart.

Shelf Stable Foods	Unopened in Pantry	In Refrigerator After Opened	In Pantry After Opened
BABY FOOD, JARS, OR CANS Fruits & vegetables Meats & eggs Cereal, dry mixes Formula	Use-by date Use-by date Use-by date Use-by date	2-3 days 1 day 1-2 days	2 months
Bacon Bits, Imitation	4 months	refer to jar	4 months
BAKING INGREDIENTS Baking Powder Baking Soda Biscuit or Pancake Mix Cake, Brownie and Bread mixes Chocolate, unsweetened and semi-sweet, solid Chocolate Syrup Cocoa and Cocoa Mixes Cornmeal, regular degerminated stone ground or blue Cornstarch Flour, white Flour, Whole Wheat Frosting, canned Frosting Mixes	6 months 18 months 15 months 12-18 months 18-24 months 2 years Indefinitely 6-12 months 1 month 18 months 6-12 months 1 month 10 months 12 months	6 months 12 months 2-3 months 6-8 months 1 week	3 months 6 months Pkg use-by date Pkg use-by date 1 year 1 year 18 months 6-8 months 3 months 3 months
Beans, dried	12 months		12 months
Canned Goods, Low Acid (such as meat, poultry, fish, gravy, stew, soups, beans, carrots, corn, pasta, peas, potatoes, spinach)	2-5 years	3-4 days	
Canned Goods, High Acid (such as juices, fruit, pickles, sauerkraut, tomato soup, and foods in vinegar-based sauce)	12-18 months	5-7 days	
Cereal, Ready-to Eat Cereal, cook before eating (oatmeal, etc.)	6-12 months 12 months		3 months 6-12 months

<b>Shelf Stable Foods</b>	<b>Unopened in Pantry</b>	<b>In Refrigerator After Opened</b>	<b>In Pantry After Opened</b>
COFFEE Whole Beans, non-vacuum bag Ground, in cans Instant, jars and tins	1-3 weeks 2 years 12 months	For all types: 3-4 months frozen 2 weeks refrigerated	1 week 1 week 2-3 months
CONDIMENTS Barbeque sauce, bottled Catsup, tomato; cocktail sauce or chili sauce Chutney Horseradish, in jar Mayonnaise, commercial Mustard Olives, black and green Pickles Salad Dressings, commercial, bottled Salsa, picante and taco sauces	12 months 12 months 12 months 12 months 2-3 months 12 months 12-18 months 12 months 10-12 months 12 months	4 months 6 months 1-2 months 3-4 months 2 months 12 months 2 weeks 1-2 weeks 3 months 1 month	1 month 1 month    1 month
Cookies, packaged	2 months	8-12 months	4 weeks
Crackers	8 months	freeze or refrigerate 3-4 months	1 month
Diet Powder Mixes	6 months		3 months
Extracts, vanilla, lemon, etc.	3 years		1 year
Fruits, dried	6 months	6 months	1 month
Garlic: chopped, commercial jars	18 months 8 months	Refrigerate; use by date on jar	
Gelatin: flavored unflavored	18 months 3 years		Use all or reseal for 3-4 months
Gravy: jars and cans dry gravy mixes	2-5 years 2 years	1-2 days 1-2 days	Use entire can Mix entire packet
Herbs, dried	1-2 years		Store in cool, dark place, 1 year
Honey	12 months		12 months
Jams, Jellies, Preserves	12 months	6 months	
Juice, boxes	4-6 months	8-12 days	
Lentils, dried	12 months		12 months
Maple Syrup, pure genuine	12 months	12 months	
Marshmallows, Marshmallow Creme	2-4 months		1 month
Milk, canned evaporated	12 months	4-5 days	
Molasses	12 months		6 months
Mushrooms, dried	6 months		3 months
Oils: olive or vegetable walnut, macadamia, other nut oils vegetable oil sprays	6 months 6 months 2 years	4 months	1-3 months  1 year
Nuts, jars or cans	12 months	Refrigerate 4-6 months Freeze 9-12 months	1 month

<b>Shelf Stable Foods</b>	<b>Unopened in Pantry</b>	<b>In Refrigerator After Opened</b>	<b>In Pantry After Opened</b>
Pasta: dry, made without eggs	2 years		1 year
dry egg noodles	2 years		1-2 months
Peanut Butter, commercial	6-9 months		2-3 months
Peas, dried split	12 months		12 months
Pectin	Use by pkg date		1 month
Popcorn: dry kernals in jar	2 years		1 year
• Commercially popped in bags	2-3 months		1-2 weeks
• Microwave packets	1 year		1-2 days popped
Potato Chips	2 months		1-2 weeks
Potatoes, instant	6-12 months		6-12 months
Pudding Mixes	1 year		3-4 months
Rice, white or wild	2 years	6 months	1 year
brown	1 year		1 year
flavored or herb mixes	6 months		Use all
Sauce mixes: non-dairy (spaghetti, taco, etc.)	2 years		Use all
cream sauces with milk solids	1 year		
Shortening, solid	8 months		3 months
Soda, such as carbonated cola drinks, mixers:			
Diet sodas, bottles or cans	3 mos after date	2-3 days	1 week
Regular sodas, bottles	3 mos after date	2-3 days	2 weeks
Regular sodas, cans	9 mos after date		
Soup mixes, dry boullion	1 year		1 year
Spices: whole	2-4 years	Store in refrig.	Included in total
• ground	2-3 years		Included in total
• Paprika, Red Pepper, Chili Powder	2 years		Included in total
Sugar: Brown	4 months		Sugar never spoils
• Granulated	2 years		
• Confectioners	18 months		
• Sugar Substitutes	2 years		
Syrup, Pancake	1 year	1 year	1 year
maple & other flavors	1 year	1 year	
Tapioca	1 year		1 year
Tea: Bags	18 months		1 year
• Loose	2 year		6-12 months
• Instant	3 years		6-12 months
Toaster Pastries: fruit-filled	6 months		Keep foil packets sealed
• Non-fruit fillings	9 months		
Tomatoes: Sun Dried, packed in oil	12 months	6-12 months	3-6 months
• packed in cellophane	9 months	6-12 months	3-6 months
Vinegar	2 years		12 months
Yeast, dry, packets and jar	Use by date	Refrigerate open jars	
Water, bottled	1-2 years		3 months
Worcestershire Sauce	1 year	1 year	1 year

## **Foods Purchased Refrigerated**

Refrigerate foods to maintain quality as well as to keep them safe. Some bacteria grow and multiply - although very slowly - at refrigerator temperatures. There is a time limit that various foods will stay fresh and safe in a refrigerator. Food kept continuously frozen at 0°F will always be safe but the quality suffers with lengthy freezer storage.

NOTE: Storage times are from date of purchase unless specified on chart. It is not important if a date expires after food is frozen.

<b>Product</b>	<b>Refrigerated</b>	<b>Frozen</b>
<b>BEVERAGES, FRUIT</b> Juice in cartons, fruit drinks, punch	3 weeks, unopened; 7-10 days open	8-12 months
<b>CONDIMENTS</b> Refrigerated pesto, salsa  Sour cream-based dip	Date on carton; 3 days after opening  2 weeks	1-2 months  Does not freeze well
<b>DAIRY PRODUCTS</b> Butter Buttermilk Cheese, Hard (such as Cheddar, Swiss, block Parmesan)  Cheese, Parmesan, shredded Cheese, Soft (such as Brie, Bel Paese) Cottage Cheese, Ricotta Cream Cheese Cream, Whipping, ultrapasteurized Whipped, sweetened Aerosol can, real whipped cream Aerosol can, non-dairy topping Cream, Half and Half Egg substitutes, liquid unopened opened Eggnog, Commercial Eggs, in shell Raw whites Raw yolks Hard Cooked Margarine Milk Pudding  Sour Cream Yogurt	1-3 months 7-14 days 6 mos unopened; 3-4 weeks opened 1 month opened 1 week 1 week 2 weeks 1 month 1 day 3-4 weeks 3 months 3-4 days  10 days 3 days 3-5 days 3-5 weeks 2-4 days 2-4 days 1 week 6 months 1 week Package date; 2 days after opening 7-21 days 7-14 days	6-9 months 3 months 6 months  3-4 months 6 months Does not freeze well Does not freeze well Do not freeze 1-2 months Do not freeze Do not freeze 4 months  Manufacturer says "Do not freeze" 6 months Do not freeze 1 year Does not freeze well Does not freeze well 1 year 3 months Do not freeze  Does not freeze well 1-2 months
<b>DELI FOODS</b> Entrees, cold or hot Store-sliced lunch meats Salads	3-4 days 3-5 days 3-5 days	2-3 months 1-2 months Do not freeze

Product	Refrigerated	Frozen
<b>DOUGH</b> Tube cans of biscuits, rolls, pizza dough, etc. Ready-to-bake pie crust Cookie dough	Use-by date Use-by date Use-by date, unopened or opened	Do not freeze 2 months 2 months
<b>FISH</b> Lean fish (cod, flounder, haddock, sole, etc.) Fatty fish (bluefish, mackerel, salmon, tuna, etc.) Caviar, non-pasteurized (fresh)  Cooked fish Smoked fish	1-2 days 1-2 days 1-4 weeks unopened; 2 days after opening 3-4 days 14 days or date on vacuum pkg	6-8 months 4 months Do not freeze  1-2 months 2 months in vacuum pkg
<b>SHELLFISH</b> Shrimp, scallops, crayfish, squid Shucked clams, mussels and oysters Live clams, mussels crab, lobster and oysters Cooked shellfish	1-2 days 1-2 days 1-2 days 3-4 days	3-6 months 3-4 months 2-3 months 3 months
<b>MEAT, FRESH</b> Beef, Lamb, Pork, or Veal chops, steaks, roasts Ground Meat Variety meats (liver, tongue, chitterlings, etc.) Cooked meats (after home cooking)	3-5 days 1-2 days 1-2 days 3-4 days	4-12 months 3-4 months 3-4 months 2-3 months
<b>MEAT, SMOKED OR PROCESSED</b> Bacon Corned beef, in pouch with pickling juices Ham, canned ("keep refrigerated" label) Ham, fully cooked, whole Ham, fully cooked, slices or half Ham, cook before eating Hot dogs, sealed in package Hot dogs, after opening Lunch meats, sealed in package Lunch meats, after opening Sausage, raw, bulk type Sausage, smoked links, patties Sausage, hard, dry (pepperoni), sliced	7 days 5-7 days 6-9 months 7 days 3-4 days 7 days 2 weeks 1 week 2 weeks 3-5 days 1-2 days 7 days 2-3 weeks	1 month 1 month Not in can 1-2 months 1-2 months 1-2 months 1-2 months 1-2 months 1-2 months 1-2 months 1-2 months 1-2 months 1-2 months
<b>PASTA, FRESH</b>	1-2 days or use-by date on package	2 months
<b>POULTRY, FRESH</b> Chicken or Turkey, whole Chicken or Turkey, parts Duckling or Goose, whole Giblets	1-2 days 1-2 days 1-2 days 1-2 days	12 months 9 months 6 months 3-4 months

<b>Product</b>	<b>Refrigerated</b>	<b>Frozen</b>
<b>POULTRY, COOKED, or PROCESSED</b>		
Chicken nuggets, patties	1-2 days	1-3 months
Cooked poultry dishes	3-4 days	4-6 months
Fried chicken	3-4 days	4 months
Ground turkey or chicken	1-2 days	3-4 months
Lunch meats, sealed in package	2 weeks	1-2 months
Lunch meats, after opening	3-5 days	1-2 months
Pieces covered with broth or gravy	1-2 days	6 months
Rotisserie chicken	3-4 days	4 months

### **Foods Purchased Frozen**

When shopping, place frozen foods in the cart last, immediately before checking out. Take the foods directly home and place in freezer. For storage of meat and poultry purchased frozen, see refrigerated foods chart.

<b>Frozen Item</b>	<b>In Refrigerator After Thawing</b>	<b>Freezer</b>
Bagels	1-2 weeks	2 months
Bread Dough, commercial	After baking, 4-7 days	Use-by date
Burritos, sandwiches	3-4 days	2 months
Egg Substitutes	Date on carton	12 months
Fish, Breaded	Do not defrost; cook frozen	3-6 months
Fish, Raw	1-2 days	6 months
Fruits such as berries, melons	4-5 days	4-6 months
Guacamole	3-4 days	3-4 months
Ice Cream	Not applicable	2-4 months
Juice Concentrates	7-10 days	6-12 months
Lobster Tails	2 days	3 months
Pancakes, Waffles	3-4 days	2 months
Sausages, uncooked	1-2 days	1-2 months
precooked	7 days	1-2 months
Sherbet, sorbet	Not applicable	2-4 months
Shrimp, shellfish	1-2 days	12 months
Topping, Whipped	2 weeks	6 months
TV Dinners, Entrees, Breakfast	Do not defrost; cook frozen	3 months
Vegetables	3-4 days	8 months

## **Fresh Produce**

(insert)

Raw fruits are safe at room temperature. However, after they ripen they will mold and rot quickly. For best quality, store ripe fruit in the refrigerator or prepare and freeze.

Some dense raw vegetables, such as potatoes and onions, can be stored at cool room temperatures. Refrigerate other raw vegetables for optimum quality and to prevent rotting. After cooking, all vegetables must be refrigerated or frozen within two hours.

<b>Fruits</b>	<b>Shelf</b>	<b>Refrigerator</b>	<b>Freezer</b>
Apples	1-2 days	3 weeks	Cooked, 8 mos
Apricots	Until ripe	2-3 days	No
Avocados	Until ripe	3-4 days	No
Bananas	Until ripe	2 days, skin will blacken	Whole peeled, 1 month
Berries and Cherries	No	1-2 days	4 months
Citrus Fruit	10 days	1-2 weeks	No
Coconuts, fresh	1 week	2-3 weeks	Shredded, 6 months
Grapes	1 day	1 week	Whole, 1 month
Kiwi Fruit	Until ripe	3-4 days	No
Melons	1-2 days	3-4 days	Balls, 1 month
Papaya, Mango	3-5 days	1 week	No
Peaches, Nectarines	Until ripe	3-4 days	Sliced, lemon juice sugar, 2 months
Pears, Plums	3-5 days	3-4 days	No

<b>Vegetables</b>	<b>Shelf</b>	<b>Raw, Refrigerated</b>	<b>Blanched or Cooked, Frozen</b>
Artichokes, whole	1-2 days	1-2 weeks	No
Asparagus	No	3-4 days	8 months
Beans, Green or Wax	No	3-4 days	8 months
Beets	1 day	7-10 days	6-8 months
Cabbage	No	1-2 weeks	10-12 months
Carrots, Parsnips	No	3 weeks	10-12 months
Celery	No	1-2 weeks	10-12 months
Cucumbers	No	4-5 days	No
Eggplant	1 day	3-4 days	6-8 months
Garlic	1 month	1-2 weeks	1 month
Ginger Root	1-2 days	1-2 weeks	1 month
Greens	No	1-2 days	10-12 months
Herbs, Fresh	No	7-10 days	1-2 months
Leeks	No	1-2 weeks	10-12 months
Lettuce, Iceburg	No	1-2 weeks	No
Lettuce, Leaf	No	3-7 days	No
Mushrooms	No	2-3 days	10-12 months
Okra	No	2-3 days	10-12 months
Onions: dry	2-3 weeks	2 months	10-12 months
Spring or Green	No	1-2 weeks	10-12 months
Peppers: Bell or Chili	No	4-5 days	6-8 months

<b>Vegetables</b>	<b>Shelf</b>	<b>Raw, Refrigerated</b>	<b>Blanched or Cooked, Frozen</b>
Potatoes	1-2 months	1-2 weeks	Cooked and mashed, 10-12 months
Rutabagas	1 week	2 weeks	8-10 months
Spinach	No	1-2 days	10-12 months
Squash: Summer	No	4-5 days	10-12 months
Winter	1 week	2 weeks	10-12 months
Turnips	No	2 weeks	8-10 months
Tomatoes	Until ripe	2-3 days	2 months

## **Bakery Items**

Bakery items containing custards, meat or vegetables, and frostings made of cream cheese, whipped cream or eggs must be kept refrigerated. Bread products not containing these ingredients are safe if kept at room temperature, but eventually they will mold and become unsafe to eat.

<b>Bakery Items</b>	<b>Shelf</b>	<b>Refrigerator</b>	<b>Freezer</b>
Bread, commercial	2-4 days	7-14 days	3 months
Bread, flat (tortillas, pita)	2-4 days	4-7 days	4 months
Cakes, Angel Food*	1-2 days	7 days	2 months
Chiffon, Sponge	1-2 days	7 days	2 months
Chocolate	1-2 days	7 days	4 months
Fruit Cake	1 month	6 months	12 months
Made from Mix	3-4 days	7 days	4 months
Pound Cake	3-4 days	7 days	6 months
Cheesecake	No	7 days	2-3 months
Cookies, bakery or homemade	2-3 weeks	2 months	8-12 months
Croissants, butter	1 day	7 days	2 months
Doughnuts, glazed or cake dairy cream-filled	1-2 days No	7 days 3-4 days	1 month No
Eclairs, dairy cream-filled	No	3-4 days	No
Muffins	1-2 days	7 days	2 months
Pastries, Danish	1-2 days	7 days	2 months
Pies: Cream	No	3-4 days	No
• Chiffon	No	1-2 days	No
• Fruit	1-2 days	7 days	8 months
• Mincemeat	2 hours	7 days	8 months
• Pecan	2 hours	3-4 days	1-2 months
• Pumpkin	2 hours	3-4 days	1-2 months
Quiche	2 hours	3-4 days	2 months
Rolls: yeast, baked,	3-4 days	7 days	2 months
• yeast, partially baked filled, meat	Pkg date	7 days	2 months
• vegetables	2 hours	3-4 days	2 months

\* Refrigerate any cake with frosting made of cream cheese, butter cream, whipped cream or eggs.