



Printable Food Storage Chart

**Print
& Save!**

How Long Foods Last in the Fridge

Important: These are general **guidelines** for refrigerator storage.

When in doubt, it's best to check for signs of spoilage.

Meat & Seafood

Fridge Life

Meat & Seafood

 Chicken	1-2 days	1-2 days
 Raw ground meat	1-2 days	1-2 days
 Cooked meat	3-4 days	3-4 days
 Raw seafood	1-2 days	1-2 days
 Cooked seafood	3-4 days	3-4 days
 Deli meat	3-5 days	3-5 days

Dairy & Eggs

Fridge Life

 Milk	5-7 days after opening
 Eggs	3-5 weeks
 Yogurt	1-2 weeks after opening
 Hard cheese (hard, shredded)	3-4 weeks after opening
 Shredded cheese	1-2 weeks
 Cottage cheese	5-7 days after opening
 Sour cream	1-2 weeks



When in doubt, throw it out. Store perishable foods in airtight containers in the coldest part of the refrigerator.