












# STORED IN THE FRIDGE











## FRUIT & VEGETABLES

										
Spinach or Kale	Leafy Herbs (basil, parsley & coriander)	Strawberries and raspberries	Lettuce	Melon	Blueberries	Broccoli or Cauliflower	Mushrooms	Apples	Lemons and limes	Woody herbs (rosemary, oregano, thyme and marjoram)
3 days	3 days	3 days	5 days	5 days	1 week	1 week	1 week	3 weeks	3 weeks	3 weeks

## DAIRY PRODUCTS

										
Pizza	Milk	Ricotta and Cottage cheese	Yoghurt	Soft cheese	Sour cream	Eggs	Heavy cream	Cream cheese	Butter	Hard cheese
3 - 4 days	5 - 7 days	1 week	2 weeks	2 weeks, unopened	3 weeks	3 - 5 weeks	1 month	2 months, unopened	3 months	4 - 6 months, unopened

## MEAT, POULTRY & SEAFOOD

									
Shellfish (shucked)	Ground meat	Chicken	Shellfish (in shells)	Raw shrimp	Pork, chops and roast	Steaks	Bacon	Hot dogs	Cold Meats
1 day	1 - 2 days	1 - 2 days	2 days	2 days	3 - 5 days	3 - 5 days	2 weeks, unopened	2 weeks, unopened	2 weeks, unopened

## OPENED CONDIMENTS

					
Jams and preserves	Mustard	Mayonnaise	Tomato sauce	Soya sauce	Syrups
1 month	1 month	2 months	6 months	1 year	1 year

# STORED IN THE FREEZER

## MEAT, POULTRY & SEAFOOD



Bacon	Cold meats	Casseroles, cooked	Ground meat	Steaks	Fish fillets	Chicken, cooked	Chicken, raw
1 month	1 - 2 months	3 months	4 months	4 - 12 months	6 months	4 - 6 months	9 - 12 months



## OTHER



Pizza	Ice cream and sorbet	Soups and stews	Cookies, baked or dough	Bread and cake	Fruit
1 - 2 months	2 months	2 - 3 months	3 months	3 months	6 - 12 months