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FREE KITCHEN REFERENCE

Refrigerator Shelf-Life Chart

Typical refrigerated planning windows reproduced from Well Stockd's USDA FoodKeeper / FSIS-sourced catalog. Assumes 40°F (4°C) or below. These times are for fresh, uncooked food. Cooked leftovers keep 3 to 4 days: see each food's page. Use these as reminders, not as package dates or guarantees.

MEAT AND SEAFOOD	
Ground beef	About 1 day
Chicken breast	About 1 day
Salmon	About 1 day
Shrimp	About 1 day
Steak	About 3 days
Pork chops	About 3 days
DAIRY AND EGGS	
Milk	About 7 days
Yogurt	About 7 days
Eggs	About 21 days
Butter	About 30 days
Ricotta cheese	About 7 days
Mozzarella cheese	About 7 days
PRODUCE	
Strawberries	About 2 days
Blueberries	About 3 days
Spinach	About 3 days
Lettuce	About 3 days
Asparagus	About 3 days
Broccoli	About 3 days
Mushrooms	About 3 days
Tomatoes	About 6 days
Bell peppers	About 4 days
Carrots	About 14 days
Apples	About 21 days
Cabbage	About 7 days

Source and limits: USDA FoodKeeper and FSIS refrigeration guidance. FoodKeeper describes storage times as useful guidelines, not hard-and-fast rules. Packaging, temperature, ripeness, preparation, and whether an item is open can change the answer. Follow product labels and consult the official item entry when food safety is in question.

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