

Refrigerator and Freezer Storage

Timetable/Life Chart

Food

Refrigerator

Freezer

Milk

-Evaporated

4-5 days

5 days

-Skimmed,homogenised

Butter

1-2 weeks

12 months

Margarine

4-6 months

12 months

Buttermilk

3-5 days

Yogurt/curd

7-10 days

Cheese

-Cottage(paneer)

5-7 days

-Cheddar

2-3 months

-Sliced

2 weeks

-Soft cream cheese

5-6 days

-Parmesan

12 months

-Shredded cheese

3-4 weeks

Eggs

-in shell

3 weeks

-White or yolk

2-4 days

-hard cooked

1 week

Dips

-Commercial

2 weeks

-Homemade

2 days

Whipped topping

- in aerosol can

3 months

3 days

- prepared from mix

2-3 weeks

14 months

-Cool whip

Custard, pastries

1-2 days

Meat

2-3 days

3-4 months

Poultry

1-2 days

6 months

Fish

3-4 days