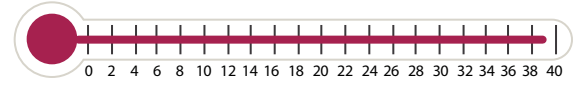


KEEP FOOD FRESH

TEMPERATURE

Keep the refrigerator at or below 40° F. The freezer should be at 0° F.



DON'T OVERPACK

The cold air needs space to circulate. Refrigerate food within 2 hours of shopping, 1 hour if it's 90° F or warmer outside.

FREEZER STORAGE

The freezer is a great place to store food and stash leftovers you can't eat now, but don't want to throw out. Be sure to label containers and follow storage guidelines to keep foods fresh.

TOP SHELF

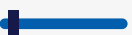
Store leftovers and ready-to-eat foods such as yogurt and beverages.

LOWER SHELVES


This is the coldest part of the refrigerator. Good to store eggs, dairy, and meat.

CRISPER DRAWERS

Store fruits and veggies. Crisper drawers have switches that control humidity. If your refrigerator has these set one to high (mostly closed) and one to low (mostly open).

HIGH  LOW

High humidity is best for veggies and leafy greens.

HIGH  LOW

Low humidity is great for produce that rots fast, like mushrooms.



DOORS

This is the warmest part of the refrigerator. Store beverages and condiments. Do not store dairy or eggs in the doors.

Freezer Storage

Meat and Fish (Uncooked)



Hamburger, ground meats, and ground poultry	3-4 months
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Fresh beef, veal, lamb, and pork steaks, chops, and stew meat	4-12 months
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Chicken or turkey, whole	12 months
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Chicken or turkey, pieces	9 months
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Bacon or sausage	1-2 months
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Fish	3-8 months
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Shellfish	3-12 months
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Leftovers



Cooked meat or poultry dishes	2-3 months
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Chicken nuggets or patties	1-2 months
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Pizza	1-2 months
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Soups and stews	2-3 months
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Quiche	2-3 months
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Casseroles containing egg	2-3 months
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Pasta dishes	3-6 months
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Other Staples



Veggies	8-12 months
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Fruits	6-9 months
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Bread	6 months
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Cooked rice	1 month
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Flour	2 years
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Sugar	6 months
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Raw Eggs (not in shell)	1 year
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Better if Eaten By

What do food date labels really mean?

Food expiration dates are often confusing and misleading, leading to food being unnecessarily tossed in the garbage. Food dates are determined by manufacturers to indicate the latest date for best quality and are not an indicator of food safety. Foods that are past the "expiration date" are safe to eat if stored and handled properly.

For more information, visit fsis.usda.gov

BEST IF USED BY:

A "Best if Used By/Before" date indicates when a product will be of best flavor or quality. It is not a purchase or safety date.

SELL BY:

A "Sell By" date tells the store how long to display the product for sale for inventory management. It is not a safety date.

USE BY:

A "Use By" date is the last date recommended for the use of the product while at peak quality. It is not a safety date except when used on infant formula.

FREEZE BY:

A "Freeze By" Date indicates when a product should be frozen to maintain peak quality. It is not a purchase or safety date.

