

COLD STORAGE

Product	Variety	Refrigerator (4°C)	Freezer (-18°C)
Eggs	Fresh, in shell	3 weeks	Do not freeze.
	Raw yolks, whites	2-4 days	4 months
	Hard-cooked	1 week	These do not freeze well.
	Liquid pasteurized eggs or egg substitute - opened	3 days	Do not freeze.
	Liquid pasteurized eggs or egg substitute - unopened	10 days	4 months
Mayonnaise	commercial (refrigerate after opening)	2 months	Do not freeze.
TV Dinners, Frozen Casseroles	All brands	Keep frozen until ready to serve.	3-4 months
Deli & Vacuum-Packed Products Store prepared (or homemade)	Egg, chicken, tuna, ham, macaroni, salads	2-3 days	These do not freeze well.
	Stuffed pork and lamb chops, stuffed chicken breasts	1 day	These do not freeze well.
	Store-cooked convenience meals	1-2 days	These do not freeze well.
	Commercial brand vacuum-packed dinners	2 weeks unopened	These do not freeze well.
Soups and Stews	Vegetable or meat-added	3-4 days	2-3 months
Hamburger, Ground and Stew Meats	Hamburger and stew meats	1-2 days	3-4 months
	Ground turkey, veal, pork, lamb and mixture of them	1-2 days	3-4 months
Hot Dogs	Hot dogs, opened package	1 week	In freezer wrap, 1-2 months
	Hot dogs unopened package	2 weeks	
Lunch Meats	Lunch meats opened	3-5 days	In freezer wrap, 1-2 months
	Lunch meats unopened	2 weeks	
Seafoods	Fish, shellfish & other seafood	1-2 days	4-6 months

OTHER RESOURCES

- Ontario Ministry of Health and Long Term Care
www.health.gov.on.ca
- Canadian Food Inspection Agency
www.inspection.gc.ca
- Consumer Food Safety Education
www.canfightbac.org



*Northwestern
Health Unit*
www.nwhu.on.ca
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