

Produce (Fresh Fruit)

Storage (On counter/shelf)

Storage (In fridge)

| | | |
|---|--|--|
| Apples | About 1 month (or until soft spots, wrinkled skin, or holes develop) | About 1 month (or until soft spots, wrinkled skin, or holes develop) |
| Avocados | 3-4 days or until outside is brown | Up to 2 weeks if unripe |
| Bananas | 5-7 days or until brown | 1-3 days or until brown |
| Blueberries | Refrigerate to keep fresh | 1-2 weeks or until mold forms |
| Cherries | Refrigerate to keep fresh | 5-14 days |
| Citrus fruits (lemons, limes, oranges, etc.) | 10-14 days | 2-3 weeks |
| Grapes | 2-4 days | 5-14 days |
| Peaches, plums, pears | 5-7 days | 5-10 days |
| Pineapples | Uncut - 3-4 days Cut - Refrigerate to keep fresh | Uncut - 6 days Cut - 3-5 days |
| Raspberries | Refrigerate to keep fresh | 2-4 days or until mold forms |
| Strawberries | 1-2 days | 3-7 days or until mold forms |
| Watermelon | Uncut - 7-14 days Cut - Refrigerate to keep fresh | Uncut - 10-14 days Cut - 3-5 days |

Produce (Vegetables)

Storage (On counter/shelf)

Storage (In fridge)

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|-------------------------------|---|--|
| Asparagus | Refrigerate to keep fresh | 3-5 days |
| Bagged spinach, lettuce, etc. | Refrigerate to keep fresh | Unopened - 3-5 days \ Opened - 2 days |
| Beans, peas | Refrigerate to keep fresh | 3-5 days |
| Broccoli | Refrigerate to keep fresh | 3-10 days |
| Carrots | Refrigerate to keep fresh | 3-4 weeks |
| Cauliflower | Refrigerate to keep fresh | 3-5 days |
| Celery | Refrigerate to keep fresh | Uncut 2-3 weeks \ Cut 1-2 weeks |
| Cherry tomatoes | 10 days | 5 days |
| Cilantro | Refrigerate to keep fresh | 2-3 weeks |
| Corn on the cob | 1-2 days | 5-7 days |
| Cucumbers | Refrigerate to keep fresh | Cut & Uncut - 5-7 days |
| Garlic | 3-6 months stored without heat and humidity present | Unpeeled head 6 months Unpeeled clove 3 weeks |
| Lettuce (any kind) | Refrigerate to keep fresh | 1-2 weeks or until wilted |
| Mushrooms | Refrigerate to keep fresh | 4-7 days |
| Onions (spring, green) | 1-2 weeks with roots in water | 1 week |
| Onions (yellow, white, red) | 1-3 months | Peeled 10-14 days \ Cut 7-10 days |
| Peppers | Refrigerate to keep fresh | 2-3 weeks |
| Potatoes | 1-2 months | Not recommended |
| Spinach | Refrigerate to keep fresh | 7-10 days or until wilted |
| Tomatoes | Usually within 1 week | Not recommended |
| Zucchini | Refrigerate to keep fresh | 1-2 weeks |

| Deli Items | Storage (On counter/shelf) | Storage (In fridge) |
|-----------------------------------|----------------------------|--|
| Cheese (sliced, whole) | Always refrigerate | Soft cheese: 5-7 days Harder cheeses unopened: 6 months Harder cheeses opened: 3-4 weeks |
| Lunch meat | Always refrigerate | Unopened: until expiration date on package Once opened: 3-5 days or until smells sour |
| Chicken, turkey, fish, beef, pork | Always refrigerate | Raw: Up to 2 days Cooked: Up to 4 days |

What about packaged foods?

Most canned/pre-packaged food items have a date on them. These dates mean different things:

- A **"Best By or Best if Used By/Before"** date lets you know when a product will taste the best or be at the best quality. It is still safe to eat past this date.
- A **"Sell-By"** date tells the store how long to have a produce for sale. It is not a safety date.
- A **"Use-By or Expiration"** date is the last date recommended for you to use a product while it is at its best quality. It is not a safety date, except for when used on infant formula.
- A **"Packing/Manufacturing"** date is used by manufacturers for tracking purposes. It is not an expiration date, nor is it related to food quality or safety.
- A **"Freeze-By"** date tells you when a product should be frozen by to keep it at its best quality. Remember, the longer something is frozen, the lesser quality it has, but is still safe to eat.

ALWAYS use your best judgment when deciding if a food item is safe to eat. Check for off odor, flavor, color, or texture! When items are not stored properly, they can go bad before the date printed on their packaging.

Good for up to 1 year after the date:

- Packaged foods (cereal, pasta, rice, dried beans, baking mixes)
- Frozen foods
- Canned goods (including soup, condiments, meat, fruits, and vegetables)

Good for up to 30 days after the date:

- Butter
- Cheese
- Eggs

Good for up to 7 days after the date:

- Milk
- Yogurt
- Cream cheese