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Fridge and freezer storage times

QUICK ANSWER

USDA times for food kept at 40 °F or below: cooked chicken 3 to 4 days in the fridge. **When in doubt, throw it out.**

FOOD SAFETY

These times are USDA guidance for food kept at 40 °F (4 °C) or below. Perishable food left out more than 2 hours (1 hour above 90 °F) should be thrown away (USDA FSIS). **When in doubt, throw it out.**

Poultry

Food	Fridge (40 °F or below)	Freezer (0 °F or below)	Note
Chicken or turkey, whole, raw	1 to 2 days	1 year	
Chicken or turkey, pieces, raw	1 to 2 days	9 months	
Ground chicken, turkey or other poultry, raw	1 to 2 days	3 to 4 months	
Cooked chicken or other poultry (leftovers)	3 to 4 days	2 to 6 months	Reheat to 165 °F.
Chicken nuggets or patties, cooked	3 to 4 days	1 to 3 months	
Sausage, raw, from chicken or turkey	1 to 2 days	1 to 2 months	
Sausage, fully cooked, from chicken or turkey	1 week	1 to 2 months	

Meat

Food	Fridge (40 °F or below)	Freezer (0 °F or below)	Note
Hamburger and ground beef, veal, pork or lamb, raw	1 to 2 days	3 to 4 months	
Steaks, raw (beef, veal, lamb, pork)	3 to 5 days	4 to 12 months	
Chops, raw (beef, veal, lamb, pork)	3 to 5 days	4 to 12 months	
Roasts, raw (beef, veal, lamb, pork)	3 to 5 days	4 to 12 months	
Cooked meat (leftovers)	3 to 4 days	2 to 6 months	Reheat to 165 °F.
Bacon	1 week	1 month	
Hot dogs, opened package	1 week	1 to 2 months	
Hot dogs, unopened package	2 weeks	1 to 2 months	
Luncheon meat, opened or deli sliced	3 to 5 days	1 to 2 months	
Luncheon meat, unopened package	2 weeks	1 to 2 months	
Ham, fresh, uncured, uncooked	3 to 5 days	6 months	
Ham, fresh, uncured, cooked	3 to 4 days	3 to 4 months	
Ham, fully cooked, store-wrapped, whole	1 week	1 to 2 months	
Ham, fully cooked, store-wrapped, slices, half or spiral cut	3 to 5 days	1 to 2 months	

Fish and shellfish

Food	Fridge (40 °F or below)	Freezer (0 °F or below)	Note
Fatty fish (salmon, tuna, catfish, mackerel and similar)	1 to 3 days	2 to 3 months	
Lean fish (cod, flounder, haddock, halibut, sole)	1 to 3 days	6 to 8 months	USDA gives the 1 to 3 day fridge time for the fin fish group.
Shrimp or crayfish	3 to 5 days	6 to 18 months	
Fresh crab meat or lobster	2 to 4 days	2 to 4 months	
Squid	1 to 3 days	6 to 18 months	
Shucked clams, mussels, oysters and scallops	3 to 10 days	3 to 4 months	

Eggs

Food	Fridge (40 °F or below)	Freezer (0 °F or below)	Note
Raw eggs in the shell	3 to 5 weeks	Do not freeze in the shell; beat yolks and whites together first	
Raw egg whites and yolks	2 to 4 days	12 months	Yolks do not freeze well.
Hard-cooked eggs	1 week	Do not freeze	
Casseroles with eggs, after baking	3 to 4 days	2 to 3 months	
Quiche with filling, after baking	3 to 5 days	2 to 3 months	
Pumpkin or pecan pie, after baking	3 to 4 days	1 to 2 months	
Custard and chiffon pie, after baking	3 to 4 days	Do not freeze	

Prepared foods

Food	Fridge (40 °F or below)	Freezer (0 °F or below)	Note
Egg, chicken, ham, tuna and macaroni salads	3 to 4 days	Does not freeze well	
Soups and stews with vegetables or meat	3 to 4 days	2 to 3 months	
Pizza, cooked	3 to 4 days	1 to 2 months	

Last checked 2026-11-20. Sources: USDA Cold Food Storage Chart (FoodSafety.gov); USDA FSIS, Leftovers and Food Safety.

From MunchCooking, https://munchcooking.com/downloads/fridge-freezer-storage-times/