REGIONAL FOOD BANK

MEATS

Food Item	Refrigerated (40 degrees or below)	Frozen (0 degrees or below)
Fish/Seafood (raw)		
Fatty fish (salmon, mackerel, perch, bluefish)	2 days	3 to 6 months
Lean fish (cod, flounder, sole, haddock, pollock)	2 days	12 months
Shrimp	2 days	9 months
Crab (canned, unopened)	6 months	Do not freeze
Crab (canned, opened)	5 to 7 days	Do not freeze
Crab (legs)	3 to 5 days	9 to 12 months
Oysters (shucked)	1 to 2 days	3 to 4 months
Lobster tail	4 to 5 days	6 to 9 months
Scallops	1 to 2 days	3 to 6 months
Fish/Seafood (cooked)		
Fatty fish (salmon, mackerel, perch, bluefish)	5 to 7 days	3 to 6 months
Lean fish (cod, flounder, sole, haddock, pollock)	5 to 7 days	3 to 6 months
Shrimp and other shellfish	5 to 7 days	3 to 6 months
Meats (raw)		
Beef (roasts or steaks)	3 to 5 days	1 year
Pork (roasts or chops)	3 to 5 days	1 year
Lamb (roasts or chops)	3 to 5 days	1 year
Chicken or turkey (whole cuts)	2 days	1 year
Ground meat (beef, pork, lamb, poultry)	2 days	1 year
Processed		
Bacon (unopened)	2 weeks	6 months
Bacon (opened)	1 week	2 months
Chicken (fried)	4 days	4 months
Chicken (nuggets or patties)	2 days	3 months
Ham (unopened)	2 weeks	1 year
Ham (opened)	1 week	1 to 2 months
Hot dogs (unopened)	2 weeks	9 months
Luncheon meats (deli-sliced or opened)	3 to 5 days	1 to 2 months
Luncheon meats (unopened, commercially packaged)	2 weeks	1 to 2 months
Pepperoni or salami	1 month	6 months
Sauage (raw)	2 days	6 months
Sausage (smoked links or patties)	1 week	9 months