REGIONAL FOOD BANK

REFRIGERATED FOODS

Food Item	Refrigerated (40 degrees or below)	Frozen (0 degrees or below)
Cooler Foods		
Butter	2 to 3 months	1 year
Cheese trays	2 weeks	Do not freeze
Cottage cheese	10 to 15 days	Do not freeze
Cream cheese	2 weeks	Do not freeze
Hard cheese	6 months	6 to 8 months
Soft cheese	1 to 2 weeks	6 months
Processed cheese	3 to 4 weeks	6 months
Pie or pizza crust (ready to bake)	Sell-by-date	2 months
Dips (made with sour cream)	2 weeks	Do not freeze
Dough (biscuit, bread, pizza, cookie)	Sell-by-date	Do not freeze
Eggs (in-shell)	4 to 5 weeks	Do not freeze
Eggs (pasturized carton, egg substitute or real eggs)	10 days	1 year
Margarine	6 months	1 year
Pudding	1 to 2 days	Do not freeze
Salad dressing	3 months	Do not freeze
Sour cream	2 to 3 weeks	Do not freeze
Whipped cream	3 to 4 weeks	Do not freeze
Whipped topping (aerosol can)	3 months	Do not freeze
Whipped topping (non-dairy, tub)	2 weeks	14 months
Yogurt	10 to 14 days	Do not freeze
Prepared Items (Often found near the deli)		
Chicken (roasted or fried)	3 to 4 days	4 to 6 months
Fruit (cut)	Best by date	Do not freeze
Guacamole	5 to 7 days	6 months
Hummus (pasturized)	3 months	Do not freeze
Hummus (with perservatives)	2 months	Do not freeze
Hummus (traditional - not pasturized, no perservatives)	7 days	Do not freeze
Main dishes or meals	3 to 4 days	2 to 3 months
Meats in gravy or broth (includes meat pies)	1 to 2 days	6 months
Pasta (fresh)	1 week	1 month
Mayo based salads (macaroni, potato, etc.)	3 to 5 days	Do not freeze
Egg-based sauces (Hallandaise, etc.)	10 days	Do not freeze
Cooked vegetables	3 to 4 days	1 to 2 months
Potato or rice based side dishes	3 to 4 days	1 to 2 months
Soups and stews	2 to 3 days	4 to 6 months
Beverages		
Buttermilk	10 to 14 days	Do not freeze
Coffee creamer (liquid, refrigerated)	3 weeks	Follow package instructions
Half and half	3 to 4 days	4 months (use only for cooking)
Heavy cream	10 days	3 to 4 months (use only for cooking)
Light cream	1 week	3 to 4 months (use only for cooking)
Juice	3 weeks	8 to 12 months
Milk (pasturized, not shelf stable)	1 week	1 to 3 months (use for cooking)
Soy or almond milk	7 days	Do not freeze