



Refrigerator 4 C (40 F)

Storage Guidelines

Unless otherwise specified, cover all foods.

DAIRY PRODUCTS AND EGGS

(check best before dates)

Butter	— unopened	8 weeks
	— opened	3 weeks
Cheese	— cottage (once opened)	3 days
	— firm	several months
	— processed (unopened)	several months
	— processed (opened)	3-4 weeks
Eggs		3 weeks
Margarine	— unopened	8 months
	— opened	1 month
Milk, cream, yogurt (once opened)		3 days

FISH AND SHELLFISH

Clams, crab, lobster, mussels (live)	12-24 hours
Fish (cleaned) — raw	3-4 days
— cooked	1-2 days
Oysters (live)	24 hours
Scallops, shrimp (raw)	1-2 days
Shellfish (cooked)	1-2 days

FRESH FRUIT (RIPE)

Apples	2 months
— purchased February to July	2 weeks
Apricots (store uncovered)	1 week
Blueberries (store uncovered)	1 week
Cherries	3 days
Cranberries (store uncovered)	1 week
Grapes	5 days
Peaches (store uncovered)	1 week
Pears (store uncovered)	1 week



**simcoe
muskoka**
DISTRICT HEALTH UNIT

Tel: 721-7520
Toll free: 1-877-721-7520
www.simcoemuskokahealth.org

Your Health Connection



Plums.....	5 days
Raspberries (store uncovered).....	2 days
Rhubarb.....	1 week
Strawberries (store uncovered)	2 days

FRESH VEGETABLES

Asparagus	5 days
Beans (green, wax)	5 days

These are some general guidelines for the shelf life of common foods. Read the label and check best before dates if applicable. Most foods are safe to eat if stored longer, but flavor and nutritional value will deteriorate. Discard if there is evidence of spoilage and when in doubt, throw out!