



Comprehensive Food Preservation Temperature & Storage Duration Chart

Category	Food Type	Storage Method	Temperature	Storage Duration	Notes
Meat	Beef steak	Refrigerator	0–4°C / 32–40°F	3–5 days	Wrap airtight
Meat	Beef steak	Freezer	-18°C / 0°F	6–12 months	Best quality 1 year
Meat	Ground beef	Deep Freeze	-25°C / -13°F	12 months	Maintain vacuum pack
Meat	Pork chops	Refrigerator	0–4°C / 32–40°F	3–5 days	
Meat	Pork chops	Freezer	-18°C / 0°F	4–8 months	
Meat	Lamb chops	Refrigerator	0–4°C / 32–40°F	3–5 days	
Meat	Lamb chops	Freezer	-18°C / 0°F	6–9 months	
Meat	Chicken (whole)	Refrigerator	0–4°C / 32–40°F	1–2 days	
Meat	Chicken (whole)	Freezer	-18°C / 0°F	12 months	
Meat	Chicken pieces	Freezer	-18°C / 0°F	9 months	
Meat	Turkey	Deep Freeze	-25°C / -13°F	12 months	



Meat	Game meat	Freezer	-18°C / 0°F	8–12 months	
Fish & Seafood	Salmon fillet	Blast Chiller	-1°C / 30°F	24 hours	Chill fast before freezing
Fish & Seafood	Salmon fillet	Freezer	-18°C / 0°F	3–6 months	Oily fish shorter shelf life
Fish & Seafood	Tuna	Deep Freeze	-25°C / -13°F	12 months	
Fish & Seafood	Shrimp	Freezer	-18°C / 0°F	6–12 months	
Fish & Seafood	Clams	Refrigerator	0–4°C / 32–40°F	1–2 days	Keep in breathable container
Fish & Seafood	Oysters	Refrigerator	0–4°C / 32–40°F	1–2 days	
Fish & Seafood	Lobster	Freezer	-18°C / 0°F	6–12 months	
Dairy & Eggs	Milk	Refrigerator	0–4°C / 32–40°F	5–7 days	Keep sealed, back of fridge
Dairy & Eggs	Butter	Freezer	-18°C / 0°F	6–9 months	

Category	Food Type	Storage Method	Temperature	Storage Duration	Notes
Dairy & Eggs	Butter	Deep Freeze	-25°C / -13°F	12 months	Maintain flavor
Dairy & Eggs	Cheddar cheese	Refrigerator	0–4°C / 32–40°F	3–4 weeks	Wrap airtight
Dairy & Eggs	Yogurt	Refrigerator	0–4°C / 32–40°F	7–14 days	



Dairy & Eggs	Eggs (in shell)	Refrigerator	0–4°C / 32–40°F	3–5 weeks	Do not freeze raw eggs in shell
Fruits	Apples	Controlled Atmosphere	0–4°C / 32–40°F	6–12 months	Industrial storage
Fruits	Berries	Freezer	-18°C / 0°F	8–12 months	Wash and dry before freezing
Fruits	Bananas	Room Temp	12–20°C / 54–68°F	2–5 days	Do not refrigerate unripe
Fruits	Citrus	Refrigerator	4–7°C / 39–45°F	2–3 weeks	
Fruits	Grapes	Refrigerator	0–4°C / 32–40°F	5–7 days	
Fruits	Pineapple	Refrigerator	0–4°C / 32–40°F	3–5 days	
Fruits	Mango	Room Temp	12–20°C / 54–68°F	5–7 days	Ripen first, then refrigerate
Vegetables	Leafy greens	Cold Room	4–10°C / 39–50°F	5–7 days	Keep slightly moist
Vegetables	Carrots	Cold Room	4–10°C / 39–50°F	3–4 weeks	
Vegetables	Potatoes	Pantry	7–10°C / 45–50°F	1–2 months	Keep dark, ventilated
Vegetables	Onions	Pantry	15–20°C / 59–68°F	1–2 months	Keep ventilated, dark
Vegetables	Garlic	Pantry	15–20°C / 59–68°F	3–6 months	
Vegetables	Broccoli	Refrigerator	0–4°C / 32–40°F	3–5 days	
Vegetables	Frozen peas	Freezer	-18°C / 0°F	8–12 months	Blanch before freezing
Cooked Foods	Cooked meat	Refrigerator	0–4°C / 32–40°F	3–4 days	Reheat above 74°C



Cooked Foods	Cooked meat	Freezer	-18°C / 0°F	2–6 months	
Cooked Foods	Soups & stews	Refrigerator	0–4°C / 32–40°F	3–4 days	Cool before refrigerating
Cooked Foods	Soups & stews	Freezer	-18°C / 0°F	2–3 months	
Baked Goods	Bread	Room Temp	18–22°C / 64–72°F	3–5 days	

Category	Food Type	Storage Method	Temperature	Storage Duration	Notes
Baked Goods	Bread	Freezer	-18°C / 0°F	3 months	
Baked Goods	Pastries	Refrigerator	0–4°C / 32–40°F	3–5 days	
Baked Goods	Cakes (no cream)	Room Temp	18–22°C / 64–72°F	3–4 days	
Baked Goods	Cakes (cream/frosted)	Refrigerator	0–4°C / 32–40°F	3–5 days	
Dry Goods	Rice (uncooked)	Pantry	<25°C / <77°F	1–2 years	Airtight container
Dry Goods	Pasta (uncooked)	Pantry	<25°C / <77°F	1–2 years	
Dry Goods	Flour	Pantry	<25°C / <77°F	6–8 months	Refrigerate for long-term
Dry Goods	Sugar	Pantry	<25°C / <77°F	Indefinite	Keep dry
Dry Goods	Dried beans	Pantry	<25°C / <77°F	1–2 years	Airtight container