

# storage guidelines

FOOD	STORAGE FOR PEAK QUALITY
<b>canned foods</b>	
High-acid foods (tomatoes, pineapple)	12–18 months
Low-acid foods (most vegetables, meats, poultry, fish)	2–5 years
<b>frozen foods</b>	
Cooked leftovers	2–6 months
Fish, uncooked	3–6 months
Frozen dinners and entrées	3–4 months
Ground meat and poultry, stew meat, uncooked	3–4 months
Poultry, uncooked	9–12 months
Sausage, hot dogs, lunch meat	1–2 months
Steaks, roasts, and chops, uncooked	4–12 months
<b>packaged/dried foods</b>	
Cereal, opened	2–3 months
Cereal, unopened	6–12 months
Dried beans	1 year
Pasta, rice (in airtight container)	1 year
Peanut butter, unopened	6–9 months