

Food Storage Chart
Prepared, Ready to Eat

FOOD PRODUCT	BEST USE AFTER CODE DATE	BEST USE AFTER CODE DATE
	REFRIGERATED	FROZEN
Chicken, roasted or fried	3 days	6 months
Fruit, cut	Stamp Date	DO NOT FREEZE
Hummus	2 months	DO NOT FREEZE
Hummus, no preservatives and not pasteurized	1 week	DO NOT FREEZE
Main dishes, meals	3 days	3 months
Meats in gravy or broth	3 days	3 months
Pasta, fresh	1 week	1 month
Salads prepared: macaroni, egg, potato, chicken, tuna, etc	3 days	DO NOT FREEZE
Sauces, egg-based	1 week	
Side dishes, cooked vegetables	3 days	1 month
Side dishes, potato based (not salad)	3 days	1 month
Side dishes, rice	3 days	1 month
Soups, stews	3 days	6 months
Spinach, salad greens (bagged)	Stamp Date	

WHEN IN DOUBT, THROW IT OUT