When things in the fridge start to mold, ooze, or smell, you know it's time to throw them out.





## When to Throw Out Food



7 Day Rule:
Perishable foods
that are opened or
prepared should
be thrown out
after 7 days.

	Food														
Salads	Hot dogs		Luncheon meat		Bacon & sausage		Hamburger & ground meats	Raw beef, veal, lamb, & pork		Raw poultry		Cooked meats	Soup & stew	Takeout	
Egg, chicken, ham, tuna, & macaroni salads	Opened package	Unopened package	Opened package or deli sliced	Unopened package	Raw bacon	Raw sausage made of chicken, turkey, pork, or beef	Raw hamburger, ground beef, turkey, veal, pork, lamb, & mixtures of them	Steaks	Chops	Roasts	Whole	Pieces	Cooked meat or poultry	Vegetable or meat soup	Pizza
Refrigerator (40 ° F or below)															
3-4 days	1 Week	2 Weeks	3-5 Days	2 Weeks	7 Days	1-2 Days	1-2 Days	3-5 Days	3-5 Days	3-5 Days	1-2 Days	1-2 Days	3-4 Days	3-4 Days	3-4 Days
							Freezer (0°F	or below							
Does not freeze well	1-2 Months	1-2 Months	1-2 Months	1-2 Months	1 Month	1-2 Months	3 - 4 Months	4 - 12 Months	4 - 12 Months	4 - 12 Months	1 Year	9 Months	2-6 Months	2-3 Months	1-2 Months