Fridge and freezer storage chart (Health Canada times)

Health Canada's recommended fridge and freezer times for common foods on one page, with a label log so you know what to eat first.

NAME _____ DATE _____

STORAGE TIMES

Food: fridge (4°C or lower) · freezer (-18°C or lower)	What I have	Stored on	Eat by
Ground meat: fridge 1-2 days · freezer 2-3 months			
Beef (fresh): fridge 2-4 days · freezer 10-12 months			
Pork or lamb (fresh): fridge 2-4 days · freezer 8-12 months			
Chicken or turkey pieces: fridge 2-3 days · freezer 6 months			
Lean fish (cod): fridge 3-4 days · freezer 6 months			
Fatty fish (salmon): fridge 3-4 days · freezer 2 months			
Cooked meat, stews, egg or vegetable dishes: 3-4 days · 2-3 months			
Cooked poultry and fish: fridge 3-4 days · freezer 4-6 months			
Soups: fridge 2-3 days · freezer 4 months			
Opened lunch meat: fridge 3-5 days · freezer 1-2 months			
Eggs in shell: fridge 3-4 weeks · don't freeze			
Opened milk or yogurt: fridge 3 days · don't freeze			
Firm cheese: fridge 5 weeks · freezer 3 months			

FRIDGE HABITS

- [ ] Fridge set at 4°C (40°F) or lower; freezer at -18°C (0°F) or lower
- [ ] Raw meat in sealed containers on the bottom shelf
- [ ] Leftovers labelled with the date
- [ ] When in doubt, throw it out

Fridge times are for safety; freezer times are for quality (Health Canada).

SOURCES (CHECKED 2026-11-27)

Health Canada says to keep the fridge at 4°C (40°F) or lower and the freezer at -18°C (0°F) or lower, and that its fridge times are for safety while its freezer times are for quality. https://www.canada.ca/en/health-canada/services/general-food-safety-tips/safe-food-storage.html (checked 2026-11-27)
Health Canada's storage table gives, for example, ground meat 1-2 days in the fridge and 2-3 months frozen; chicken or turkey pieces 2-3 days and 6 months; cooked meat and stews 3-4 days and 2-3 months; soups 2-3 days and 4 months; eggs in the shell 3-4 weeks (don't freeze). https://www.canada.ca/en/health-canada/services/general-food-safety-tips/safe-food-storage.html (checked 2026-11-27)
Health Canada says you can't tell if food is unsafe by its smell or taste: when in doubt, throw it out. https://www.canada.ca/en/health-canada/services/general-food-safety-tips/safe-food-storage.html (checked 2026-11-27)