



Food Storage

Dairy, cheese, butter, eggs, yogurt



Don't overfill: let air circulate through shelves

Deli meat, cooked food, leftovers



Never put warm food in the fridge

Raw meat & poultry, seafood, raw fish



Put raw food on a plate or in a tub to catch drips

Veggies, Fruits



Keep fruit and vegetables in separate drawers.

Tip

Don't keep bananas, potatoes, onion and whole garlic in the fridge.



Flour	6-8M
Sugar, Brown	4M
Sugar, Powdered/ Granulated	18M-2Y
Popcorn Kernels	2Y
Baking powder/soda	18M-2Y
Cornmeal	12M
Rice, White/Brown	12M
Shortening	8M
Potatoes, dried	6-12M
Pudding Mix	12M
Canned Foods	12M

D=Days, W=Weeks, M=Months, Y=Years

SEV=Several, NR=Not Recommended, NA=Not Applicable

Keep the door shut!

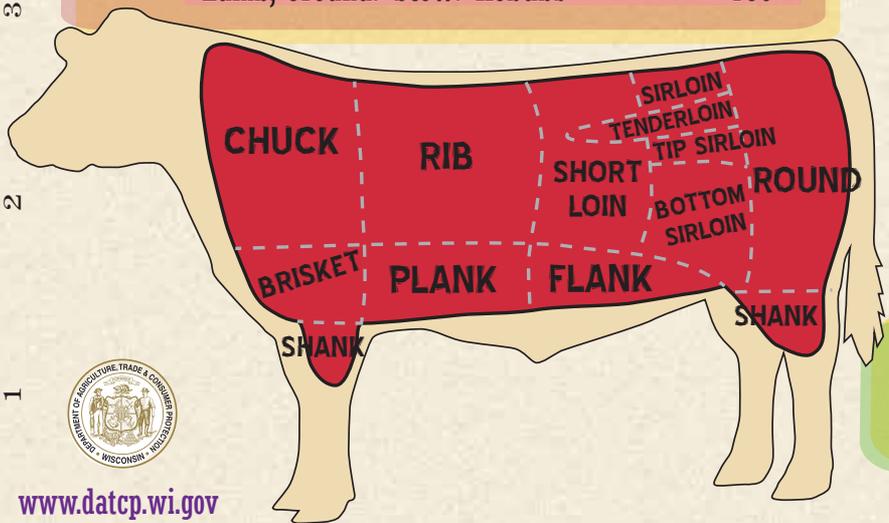


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		Fridge	Freezer
Meat 	Roasts/steaks/chops	3-5D	3-9M
	Ground/Stew	1-2D	3-4M
	Brats	2-3D	2-3M
	Bacon/hot dogs	1W	1M
Poultry 	Chicken/Turkey, Whole	1-2D	12M
	Chicken/Turkey, Pieces	1-2D	6M
	Duck/Goose, Whole	1-2D	6M
Fish/ Seafood 	Fresh water fish	3-5D	6-9M
	Ocean fish	3-5D	3-6M
	Shellfish	3-5D	2-4M
Dairy 	Shrimp/Lobster	3-5D	6-12M
	Butter/margarine	3M	12M
	Milk/Cream	1-2W	NR
	Fresh eggs in shell	2-4W	NR
	Yogurt	1M	NR
	Cheese, Hard block	3-6M	6-8M
	Cheese, sliced	2-3W	NR
Sour cream	2-3W	NR	
Other/ Staples 	Juice Concentrate	NA	12M
	Veggies		8-12M
	Salad Dressings	SEVM	NR

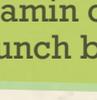
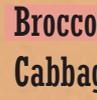
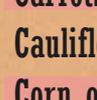
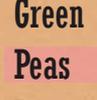
Cooking Times

	Doneness	Internal Temp (F)
	Beef, Roasts/Steaks	Medium Rare 145°
		Medium 160°
		Well-done 170°
	Beef, Ground/Stew/Ribs	160°
	Pork, all cuts	Medium 160°
		Well-done 170°
	Poultry, all cuts	165°
	Lamb, Leg/Roast	Medium Rare 145°
		Medium 160°
		Well-done 170°
	Lamb, Ground/Stew/Kebabs	160°



Tip
 Use an instant-read thermometer placed into the center or thickest part of the meat to check that the minimum internal temperature has been reached.



Vegetable	Boil	Steam
 Artichoke	30-40	25-30
 Asparagus	8-10	4-5
 Broccoli	10-12	5-6
 Cabbage	5-10	5-6
 Carrots	10-15	5-6
 Cauliflower	10-15	5-6
 Corn on the Cob	10-15	8-10
 Green Beans	10-12	5-10
 Peas	7-10	3-5
 Potatoes	15-20	10-12
 Spinach	4-5	2-5
 Turnip	15-30	

Tip
 Overcooking vegetables degrades vitamin content. Aim for al dente with crunch bite.