






Shelf Life

Knowing how long food stays fresh is a great way to reduce your household food waste.

This chart will give you an idea of the shelf life of common foods when they're stored correctly.

Remember to always check the 'best before' or 'use-by' date before deciding what to do with your food. Foods with a 'use-by' date should not be eaten after that date has passed. A 'best before' date is simply an indication of when a food is at its best and foods can still be consumed after this date.

	Fridge	Freezer	Pantry	
Bread	7 days	3 months	4-6 days	
Milk	7-10 days	3 months		
Fruit	7 days*	3 months*	1 week	
Vegetables	7 days	12 months		
Potatoes & Onions			3 months	
Fresh Herbs	6 days			
Beef	2 days	8 months		
Chicken	2 days	9 months		
Pork	2 days	6 months		
Lamb	2 days	12 months		
Fish & Seafood	2-3 days	3-6 months		
Deli Meat	4 days			
Eggs	1 month	1 year**		
Yoghurt	14 days			
Cheeses	14 days	6 months		
Butter	3 months	9 months		
Cooked Rice	2 days	3 weeks		
Cooked Pasta	3 days			

* Avoid refrigerating fruit before it's ripe, as the cold environment can prevent ripening in some fruits. Many fruits like bananas and berries can be frozen for later use in cooking and making smoothies.

** Egg whites can be separated and frozen.

Note: The above times are approximations based on good storage. Always check the dates on packaging and assess food based on smell and physical condition before consuming. Freezer dates are based on when foods will remain in their best condition. For more detail on ways to store fresh foods, see FoodWise.com.au.

Learn how to store smart at DoSomething's Foodwise.com.au

