

# Cold Food Storage Guidelines

	Refrigerator (below 40°F)	Freezer (below 0°F)
<b>Meat (beef, pork, etc.)</b>		
Steaks	3-5 days	6-12 months
Chops	3-5 days	4-6 months
Roasts	3-5 days	6-9 months
Organ meats	1-2 days	3-4 months
Cooked meats	3-4 days	2-3 months
Ground meat		
Cooked	4 days	3-4 months
Uncooked	2 days	6-9 months

<b>Poultry</b>		
Whole poultry	1-2 days	1 year
Poultry pieces	1-2 days	9 months
Giblets	1-2 days	3-4 months
Cooked poultry	3-4 days	4 months
Ground poultry		
Cooked	1-2 days	2-3 months
Uncooked	3-4 days	3-4 months

<b>Bacon/Sausage/Ham</b>		
Bacon		
Opened	1 week	1 month
Unopened	2 weeks	1 month
Sausage (meat or poultry)		
Raw	1-2 days	4 months
Pre-cooked/ smoked	1 week	1-2 months
Summer sausage		
Opened	3 weeks	1-2 months
Unopened	3 months	1-2 months
Pepperoni, sliced	2-3 weeks	1-2 months
Ham, cooked, store-wrapped		
Whole	1 week	1-2 months
Half	3-5 days	1-2 months
Slices	3-4 days	1-2 months

	Refrigerator (below 40°F)	Freezer (below 0°F)
Ham, cooked, vacuum-sealed		
Undated/ unopened	2 weeks	1-2 months
Dated/unopened	Use-by date	1-2 months

<b>Hot Dogs/Lunch Meat</b>		
Hot dogs		
Opened	1 week	1-2 months
Unopened	2 weeks	1-2 months
Lunchmeat		
Opened	1 week	1-2 months
Unopened	2 weeks	1-2 months

<b>Eggs</b>		
Fresh, in shell	3-5 weeks	Do not freeze
Egg whites and yolks (raw)	2-4 days	1 year
Egg substitutes		
Opened	3 days	Does not freeze well
Unopened	10 days	1 year

<b>Dairy</b>		
Cheese, hard or processed		
Opened	3-4 weeks	Does not freeze well
Unopened	6 months	6 months
Cheese, soft	1 week	6 months
Cottage/ricotta	1 week	Do not freeze
Cream cheese	2 weeks	Do not freeze
Butter	1 month	4 months

# Shrinking Kitchen

## Handy Kitchen Conversion Chart

### Liquid Measurement Equivalents

1 teaspoon		1/3 Tablespoon
1 Tbsp	1/2 fl oz	3 tsp
1 Tbsp	1 fl oz	1/8 c./6 tsp
1/4 c	2 fl oz	4 Tbsp
1/3 c	2 2/3 fl oz	5 Tbsp + 1 tsp
1/2 c	4 fl oz	8 Tbsp
2/3 c	5 1/3 fl oz	10 Tbsp + 2 tsp
3/4 c	6 fl oz	12 Tbsp
7/8 c	7 fl oz	14 Tbsp
1 c	8 fl oz/ 1/2 pint	16 Tbsp
2 c	16 fl oz/1 pint	32 Tbsp
4 c	32 fl oz/2 pints	1 quart
8 pints	4 quarts	1 gallon
1 liter	1.075 quarts	
1 gallon	128 fl oz	

### Dry Measurement Equivalents

1 ounce		28.35 grams
2 oz		55 g
3 oz		85 g
4 oz	1/4 pound	125 g
8 oz	1/2 lb	240 g
12 oz	3/4 lb	375 g
16 oz	1 lb	454 g
32 oz	2 lb	907 g
1 kilogram	2.2 lb	1000 g

### Meat Cooking Temperature Guidelines

145° beef, pork, lamb & veal steaks, chops, and roasts (minimum internal temp)

160° ground meats including: beef, pork, lamb, veal

165° all poultry

Use a meat thermometer and let meat rest for at least 3 minutes before cutting. Based on USDA guidelines.

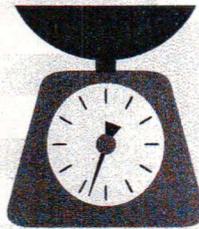


### Miscellaneous Measurements

Dash/Pinch	< 1/8 tsp
Splash	1-5 drops
Scant	just barely, slightly less than
Heaping	filled over the top
Level	even with top, filled and leveled with a straight edge.

### Temperature Conversion

F to C	C to F
Subtract 32	Multiply by 9
Multiply by 5	Divide by 5
Divide by 9	Add 32



shrinkingkitchen.com

*eat. drink. shrink.*