

# Health Tips for seniors

## How long will your food last in the refrigerator?

- To keep your food safe be sure your refrigerator stays between 34°F to 40°F & remember to **check dates**.
- Use the following as a guide for storing foods:

### **1 to 2 days**

Raw ground meats, breakfast or other raw sausages, raw fish or poultry; gravies

### **3 to 5 days**

Raw steaks, roasts, or chops; cooked meats, poultry, vegetables, and mixed dishes; lunch meats (open packages); mayonnaise salads (chicken, egg, pasta, tuna)

### **1 week**

Hard-cooked eggs, bacon or hot dogs (opened packages); smoked sausages or seafood

### **2 to 4 weeks**

Raw eggs (in shells); lunch meats, bacon, or hot dogs (unopened packages); dry sausages (pepperoni, hard salami); most aged and processed cheeses (Swiss, brick)

### **2 months**

Mayonnaise (opened jar); most dry cheese (parmesan, romano)

For more info visit: <http://hgic.clemson.edu/factsheets/HGIC3522.htm>  
Erie County Department of Senior Services  
(716) 858-8526  
[www.erie.gov/depts/seniorservices/](http://www.erie.gov/depts/seniorservices/) Prepared by: Antonio S. Santo, Ph.D.

