



FOOD PRESERVATION

Food Preservation Tips – To reduce the risk of spoilage, minimize food handling. Store fruits and vegetables separately. Store meats in the original packaging; once opened, re-wrap tightly.

Ethylene Gas – Many fresh foods emit ethylene gas, a naturally-occurring compound that hastens food ripening and spoilage. Sub-Zero refrigerators come with an air purification system (based on technology developed by NASA) that scrubs the air of ethylene and odor every 20 minutes. To reduce spoilage, do not store ethylene-producing fruits and vegetables with those that are ethylene-sensitive.

e⁺ Indicates an ethylene-producing food.

e⁻ Indicates an ethylene-sensitive food.

Humidity – The optimal humidity varies for different foods. To keep food fresher longer, store foods in the areas designated below. Blocks of color on the chart correspond with storage areas shown below. White indicates countertop storage.

NOTE: Foods in red text should be ripened on the counter before refrigerated.

NOTE: Foods in blue text should not be refrigerated.

Freezer	Refrigerator Drawers	Refrigerator	Refrigerator Doors

	Type of Food	Ecode	Optimum Storage	
			Fresh	Frozen
Fresh Vegetables	Artichokes		1-2 weeks	Freezing fresh vegetables is not recommended.
	Asparagus		2-3 weeks	
	Bean sprouts		7-9 days	
	Beans (green or lima)	e ⁻	7-10 days	
	Beets without tops		3-4 months	
	Bok choy	e ⁻	3 weeks	
	Broccoli	e ⁻	1-2 weeks	
	Cabbage	e ⁻	3-6 weeks	
	Carrots	e ⁻	1-5 months	
	Cauliflower	e ⁻	3-4 weeks	
	Celery		1-2 months	
	Corn		5-8 days	
	Cucumbers	e ⁻	10-14 days	
	Eggplant	e ⁻	1-2 weeks	
	Fresh herbs	e ⁻	1-3 weeks	
	Garlic		6-7 months	
	Ginger		6 months	
	Jicama		1-2 months	
	Kale	e ⁻	1-2 months	
	Leeks		2 months	
	Lettuce	e ⁻	2-3 weeks	
	Mushrooms		1-2 weeks	
	Onions		1-6 months	
	Parsley	e ⁻	1-2 months	
	Peas (sugar/snap/snow)	e ⁻	1-2 weeks	
	Peppers (bell or chile)	e ⁻	2-3 weeks	
	Potatoes		5-10 months	
	Radishes		1-2 months	
	Shallots		6 months	
	Spinach	e ⁻	10-14 days	
	Squash (soft rind)	e ⁻	1-2 weeks	
	Tamarillos		7-10 days	
	Water chestnuts		2-4 months	



Freezer	Refrigerator Drawers	Refrigerator	Refrigerator Doors

	Type of Food	Ecode	Optimum Storage Fresh	Optimum Storage Frozen
Fresh Fruits	Apples	e ⁺	1-2 months	Freezing fresh fruits is not recom- mended.
	Apricots	e ⁺	1-2 weeks	
	Avocados	e ⁺	2-4 weeks	
	Bananas	e ⁻	1-4 weeks	
	Blueberries		10-18 days	
	Cantaloupe	e ⁺	2-3 weeks	
	Cherries		2-3 weeks	
	Figs	e ⁺	7-10 days	
	Grapefruit		6-8 weeks	
	Grapes		2-3 weeks	
	Honeydew melon	e ⁻	3-4 weeks	
	Kiwifruit	e ⁻	4-6 weeks	
	Lemons		1-6 months	
	Limes		6-8 weeks	
	Mangos	e ⁺	2-3 weeks	
	Nectarines	e ⁺	2-4 weeks	
	Oranges		3-8 weeks	
	Peaches		2-4 weeks	
	Pears	e ⁺	2-3 weeks	
	Pineapple		2-4 weeks	
	Plums	e ⁺	2-5 weeks	
	Raspberries		3-6 days	
	Strawberries		7-10 days	
	Tomatoes	e ⁺	1-3 weeks	

Eggs/Deli	Eggs (fresh)	3 weeks	Freezing eggs and deli is not recom- mended.
	Egg substitute (opened)	3 days	
	Egg, tuna, or ham salad	3-5 days	
	Lunch meat, thinly sliced	1-2 days	

Soup	Stew with meat	3-4 days	2-3 months
	Vegetable soup	3-4 days	2-3 months

Meats, Fish, and Poultry	Bacon	7 days	1 month
	Beef steaks, roast	3-5 days	6-12 months
	Bluefish, perch	2 days	2-3 months
	Corned beef	5-7 days	1 month
	Ham (whole)	7 days	1-2 months
	Hamburger	1-2 days	3-4 months
	Meat dishes (cooked)	3-4 days	2-3 months
	Pork and veal chops	3-5 days	4-6 months
	Poultry (cooked)	3-4 days	4-6 months
	Poultry (raw)	1-2 days	9 months
	Salmon, mackerel	4 days	5-9 months
	Sausage (raw)	1-2 days	1-2 months
	Shrimp	1 day	6 months
	Smoked breakfast links, patties	7 days	1-2 months

Dairy	Butter	3 months	1 year
	Cottage cheese	1-2 weeks	4 weeks
	Cream cheese	2 weeks	Not rec.
	Process cheese	3-4 weeks	6-8 months
	Whole or skim milk	1-2 weeks	Not rec.
	Yogurt	1 month	Not rec.



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