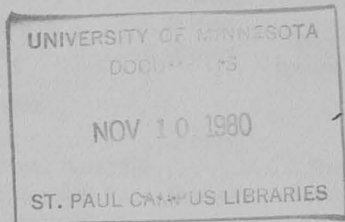


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BUYING AND STORING FOOD

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BUYING FOOD

If you are a thrifty food shopper, you learn to buy the kinds and amounts of food that your family will use—with a minimum of waste. To avoid waste and to make the most of your food dollar, you also need to know how many servings you get from a market unit, such as 1 pound of fresh carrots or a 10-ounce package of frozen peaches.

Information in this section can help you decide how much to buy to feed your family.

The amount of meat, poultry, fish, and beans to buy varies with the amount of bone, fat, and breading.

Meat, Poultry, Fish, and Beans	Servings per pound ¹
Meat	
Much bone or gristle	1 or 2
Medium amounts of bone	2 or 3
Little or no bone	3 or 4
Poultry (Ready-to-cook)	
Chicken	2 or 3
Turkey	2 or 3
Duck and goose	2
Fish	
Whole	1 or 2
Dressed or pan-dressed	2 or 3
Portions or steaks	3
Fillets	3 or 4
Dry Vegetables	
Dry beans (1/2 cup)	11
Dry peas, lentils (1/2 cup)	10 or 11
Peanut butter (2 tbsp.)	16

¹ Three ounces of cooked lean meat, poultry, or fish per serving.

Vegetables and Fruits

For this table, a serving of vegetable is 1/2 cup cooked vegetable unless otherwise noted. A serving of fruit is 1/2 cup fruit; 1 medium apple, banana, peach, or pear; or 2 apricots or plums. A serving of cooked fresh or dried fruit is 1/2 cup fruit and liquid.

Fresh Vegetables	Servings per pound ¹
Asparagus	3 or 4
Beans, lima ²	2
Beans, snap	5 or 6
Beets, diced ³	3 or 4
Broccoli	3 or 4
Brussels sprouts	4 or 5
Cabbage:	
Raw, shredded	9 or 10
Cooked	4 or 5
Carrots:	
Raw, diced, or shredded ³	5 or 6
Cooked ³	4
Cauliflower	3

continued

Fresh Vegetables continued

Celery:	
Raw, chopped or diced	5 or 6
Cooked	4
Kale ⁴	5 or 6
Okra	4 or 5
Onions, cooked	3 or 4
Parsnips ³	4
Peas ²	2
Potatoes	4
Spinach ⁵	4
Squash, summer	3 or 4
Squash, winter	2 or 3
Sweetpotatoes	3 or 4
Tomatoes, raw, diced or sliced	4

¹ As purchased.

⁴ Bought untrimmed.

² Bought in pod.

⁵ Bought prepackaged.

³ Bought without tops.

Frozen Vegetables	Servings per package (9 or 10 oz.)
Asparagus	2 or 3
Beans, lima	3 or 4
Beans, snap	3 or 4
Broccoli	3
Brussels sprouts	3
Cauliflower	3
Corn, whole kernel	3
Kale	2 or 3
Peas	3
Spinach	2 or 3

Canned Vegetables	Servings per can (16 oz.)
Most vegetables	3 or 4
Greens, such as kale or spinach	2 or 3

Fresh Fruits	Servings per market unit ¹
Apples	} 3 or 4 per pound
Bananas	
Peaches	
Pears	
Plums	} 5 or 6 per pound
Apricots	
Cherries, sweet	
Grapes, seedless	
Blueberries	} 4 or 5 per pint
Raspberries	
Strawberries	8 or 9 per quart

¹ As purchased.

Frozen Fruits	Servings per package (10 or 12 oz.)
Blueberries	3 or 4
Peaches	2 or 3
Raspberries	2 or 3
Strawberries	2 or 3

Canned Fruits	Servings per can (16 oz.)
Served with liquid	4
Drained	2 or 3

Dried Fruits	Servings per package (8 oz.)
Apples	8
Apricots	6
Mixed fruits	6
Peaches	7
Pears	4
Prunes	4 or 5

Bread And Cereal	Per Pound
Bread	16 slices
Macaroni - cooked	9 cups
Rice - cooked	8 cups
Ready-to-eat cereal	14 to 18 cup servings

As purchased -

Milk And Cheese	Per Quart
Milk and yogurt	4 cups
Ice cream or ice milk	4 cups

	Per Pound
Cottage cheese	2 cups
Cheese (1 1/3 oz./serving)	12 servings
Cheese food (2 oz./serving)	8 servings

STORING FOOD

Safe Food Handling

Take some simple precautions when preparing food for storage. Always work with well-scrubbed hands and be sure all utensils, cutting boards, etc., are absolutely clean. Then keep food either hot (above 165°F) or cold (below 40°F), never in between for any length of time. Here's why: There are common bacteria present all around us that are normally not troublemakers, but can become dangerous if they are given the ideal "breeding" climate, between 60°F and 125°F, in which they quickly multiply to dangerous levels and can cause food poisoning. *Never* leave foods in the "dangerous zone" for more than two hours.

Foods That Need Special Care

Take extra precautions with foods that are especially susceptible to bacterial growth—poultry, fish, and seafood, meat, creamed mixtures, mayonnaise, puddings, stuffing. Some safe-handling tips:

- Never stuff poultry the night before you roast it—the stuffing may not reheat to a temperature high enough to kill any harmful bacterial growth.
- When refrigerating leftover poultry and stuffing, remove the stuffing from the bird and store in separate dishes.
- Use cracked eggs only if they are to be thoroughly cooked, to kill any bacteria which may have gotten into the egg from the shell.

To Refreeze Or Not To Refreeze

You can safely refreeze virtually any partially thawed food as long as it still has ice crystals and has been held no longer than 1 or 2 days at refrigerator temperatures. Many foods however—ice cream and uncooked baked goods, for example—will deteriorate in texture and taste.

Meat, fish, and poultry you've thawed in the refrigerator may be refrozen within 24 hours of defrosting. But combination dishes—pies, stews, casseroles, etc.—that have been thawed should not be refrozen.

Pantry Storage

Store foods in your coolest kitchen cabinets, not over range or near refrigerator's exhaust. Dry foods keep fresh the longest in airtight containers, which also help keep out insects. When shopping, choose fresh-looking packages; avoid cans with swollen ends, dents. Date your purchases, then check your kitchen cabinets every six months or so, to be sure you use the oldest items first. With longer storage, flavors gradually fade, and nutrients are lost.

With the exception of fruit and juice concentrates, foods thawed accidentally in the freezer over a

period of days (because of power failure) should not be refrozen unless they still have ice crystals. If food is completely thawed (on purpose or by accident), warmed to room temperature, and left for more than two hours, throw it out. (The exceptions: fruit and juice concentrates which ferment when spoiled, thus preventing the growth of harmful bacteria.) Discard any fruit whose flavor is "off".

The Differences In Package-Dating

More and more foods are being sold now with a date that tells you something about their freshness. But just what does it tell you? That depends on the kind of food. Here, the most frequently used dates and what they mean:

- Fresh meat and fish are dated with "date of pack or manufacture," which refers to when the food was packed or processed for sale. (See Refrigerator chart for storage life)
- Dairy and fresh bakery products are labeled with a "freshness, pull or sell-by" date, which refers to the last day the food should be sold—the date allows you a reasonable length of time to use the food.
- Frozen foods, fried snack foods, cereals, canned foods, macaroni, rice, and other foods are labeled with a "use before" or "best-if-used-by date," after which the food is no longer at its best, but can be used safely.
- Yeast and unbaked breads are labeled with an "expiration" or "use by" date, after which the food is no longer acceptable for consumption. It should not be bought or, if you already have it, used.

Pantry Storage

Food	Time	Special Handling
Staples		
Baking powder, soda	18 months	Keep all dry foods in original package or
Bouillon cubes, powder	1 year	tightly closed air-
Bread, rolls3 days	tight containers in
Bread crumbs, dried	6 months	dry spot unless other-
Cereals, ready-to-eat	check date	wise directed on label.
	on package	
ready-to-cook6 months	
Chocolate, premelted	1 year	
semisweet2 years	
unsweetened18 months	
Coffee, vacuum pack	1 year	Refrigerate after
		opening.
Coffee, instant6 months	Keep 2 weeks after
(closed)		opening.
Coffee lighteners		
dry (opened)6 months	
Condensed and		Refrigerate after
evaporated milk1 year	opening.

continued

Pantry Storage continued

Food	Time	Special Handling
Flour		
Cake, all-purpose	1 year	
rye, whole-wheat		Keep refrigerated.
Gelatin, unflavored	.3 years	
Honey, jams, syrups	.1 year	
Molasses	.2 years	
Nonfat dry milk	.6 months	
Oil, salad	.3 months	Refrigerate after opening.
Pasta	.2 years	
Peanut butter	.6 months	Keep 2 months after opening.
Potatoes, instant	.18 months	
Rice,		
brown, wild	.1 year	
white	.2 years	
Salad dressings	.3 months	Refrigerate after opening.
Shortening, solid	.8 months	
Sugar		
brown, confectioner's	4 months	
granulated	.2 years	
Tea, bags, loose	.18 months	
Tea, instant	.2 years	

Packaged Foods And Mixes

Cakes, prepared	.2 days	
Cake mixes	.1 year	
Casserole mixes	.18 months	
Cookies, packaged	.4 months	
Crackers	.3 months	
Frosting, can or mix	.8 months	
Hot-roll mix	.18 months	
Pancake mix	.6 months	
Piecrust mix	.6 months	
Pies and pastries	.3 days	Refrigerate cream, custard, chiffon fillings.
Pudding mixes	.1 year	
Rice mixes	.6 months	
Sauce, gravy, soup mixes	.6 months	
Toaster pop-ups	.3 months	

Canned And Dried Foods

Fruits, canned	.1 year	
dried	.6 months	
Gravies, canned	.1 year	
Meat, fish,		
poultry	.1 year	
Pickles, olives	.1 year	
Soups, canned	.1 year	
dried	.15 months	
Vegetables, canned	.1 year	
Whipped-topping mix	1 year	

Herbs, Spices, Condiments

Barbecue sauce, catchup, chili sauce (opened)	.1 month	
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Food	Time	Special Handling
Herbs and spices		
whole spices	.1 year	Keep in cool spot. Replace if aroma fades
ground spices, herbs	.6 months	Refrigerate red spices.
Tabasco, Worcestershire	.2 years	
Micellaneous		
Coconut, can	.1 year	
Metered-calorie products		
instant breakfasts	.6 months	
Nuts	.9 months	
Parmesan cheese, grated	.1 month	
Pasteurized processed cheese food and spread	.3 months	
Soft drinks	.3 months	
Vegetables		For longer storage, keep at 50-60°F.
onions, potatoes, rutabagas, squash (hard-shelled), sweet potatoes	1 week at room temperature	Keep dry, out of sun loosely wrapped.

Refrigerator Storage

Keep refrigerator temperature between 34° and 40°F. If it rises above 40°F, food quickly spoils. Except as noted in chart, wrap foods in foil, plastic wraps, or bags, or place in airtight containers, to keep food from drying out and odors from being transferred from one food to another. Food kept longer than recommended times may be usable, but of inferior quality.

Food	Time	Special Handling
Dairy Products		
Butter	2 weeks	Hold only 2-day supply in butter keeper.
Buttermilk, sour cream		
yogurt	.2 weeks	
Cheese		Keep all cheese tightly packaged in moisture-resistant wrap.
cottage, ricotta	.5 days	
cream, Neufchatel	.2 weeks	
hard and wax-coated cheeses—Cheddar, Edam, Gouda, Swiss, etc., large pieces,		
unopened	.3-6 months	
opened	.3-4 weeks	
sliced	.2 weeks	
Parmesan, grated	.12 months	
process (opened)	.3-4 weeks	Unopened process cheese need not be refrigerated.
spreads	.2 weeks	
Cream—light, heavy		
half-and-half	.1 week	Keep tightly covered.

continued

Refrigerator Storage continued

Food	Time	Special Handling
Dips—sour cream, etc.		
commercial2 weeksKeep tightly covered.
homemade2 daysKeep tightly covered.
Eggs		
in shell1 monthKeep small end of egg down, to center yolks.
yolks4 daysCover yolks with water; cover container.
whites4 days	
Margarine1 monthOne week for best flavor
Milk		
evaporated (opened)1 week	.Keep containers tightly closed. Do not return unused milk to original container. This spreads bacteria back to remaining milk.
filled, imitation3-4 days	
pasteurized, reliquefied nonfat		
dry, skimmed1 week	
sweetened condensed	1 week	
Whipped topping, in can	3 months	
prepared from mix3 days	
Fruit		
Apples1 month	Do not wash before storing—moisture encourages spoilage.
Apricots, avocados, bananas, melons, nectarines, peaches, pears5 days	Store in crisper or moisture-resistant bags or wrap. Keep fruit juices tightly covered. It is not necessary to remove canned fruit from can.
Berries, cherries3 days	
Citrus fruit2 weeks	
Grapes, plums5 days	
Pineapple2 days	
Vegetables		
Asparagus3 days	
Beets, carrots, parsnips, radishes, turnips2 weeksRemove any leafy tops before refrigerating.
Broccoli, brussels sprouts, green onions, zucchini5 days	
Cabbage, cauliflower, celery, cucumbers, eggplant, green beans, peppers, tomatoes1 week	If necessary, ripen tomatoes at room temperature away from light before refrigerating.
Corn1 dayLeave in husk.
Lettuce, spinach, all leafy greens5 days . . .	Rinse, drain before refrigerating.
Limas, peas5 daysLeave in shell.
Meats		
Beef, lamb, pork, vealIf not prepacked, wrap loosely in waxed paper so surface can dry slightly.
chops3-5 days	
ground meat1-2 days	
roasts3-5 days	
steaks3-5 days	
stew meat1-2 days	
Variety meats (liver, heart, etc.)1-2 days	
Processed meatsStore in coldest part of refrigerator.
bacon, frankfurters1 week	

Food	Time	Special Handling
hams, (whole,halves)1 week	Unopened vacuum packs keep about 2 weeks. Treat uncured or nitrite-free meats like fresh; refrigerate only 4-7 days.
hams, canned (unopened)6 months	
luncheon meat, slices	5 days	
sausage, fresh or smoked2-3 days	
Fish And Shellfish		
Fresh, cleaned fish—steaks, fillets1 day	Keep wrapped in plastic wrap, bag.
Clams, crab, lobster in shell2 daysCook only live shellfish.
Seafood —shucked clams, oysters, scallops, shrimp		
	.1 day	
Poultry		
Ready-to-cook chicken, duck, or turkey2 days	May be stored in transparent wrap as purchased.
Canned Food, After Opening		
Baby food2-3 days	Store baby food covered. Don't feed baby from jar; saliva may liquefy food.
Fish, seafood; poultry1 day	Store all canned foods tightly covered. It is not necessary to remove food from can.
Fruit1 week	
Gravy, broths2 days	
Meats2 days	
Pickles, olives1 month	
Sauce, tomato based5 days	
Vegetables3 days	
Freezer Storage		
Keep freezer at 0°F, maximum 5°F. Check temperature with thermometer, or use this rule of thumb: If the freezer can't keep ice cream brick solid, temperature is above recommended level. If this is the case, use food within a week or two. To wrap for storage of one month or more, use moisture-, vaporproof plastic wrap, freezer wrap (may be specially coated or laminated), or heavy-duty foil. After times listed, food is safe, but flavors fade.		
Food	Time	Special Handling
Home Frozen Foods		
Breads		
baked3 months	
unbaked doughs1 monthUse only special freezer-dough recipes.
Butter, margarine9 months	
Cakes, baked3 months	
Cookies, baked, dough . .	.3 months	

continued

Freezer Storage continued

Food	Time	Special Handling
Cheese		Creamed cottage cheese and cream cheese don't freeze well. Cut and wrap cheese in small pieces.
dry-curd cottage cheese, ricotta2 weeks	
natural, process3 months	
Cream (all kinds)2 months	Thawed cream may not whip.
whipped1 month	
Eggs, in shell		Do not freeze.
Egg whites, yolks1 year	For sweet dishes: Mix each cup yolks with 1 tablespoon corn syrup or sugar. For other cooking, substitute 1 teaspoon salt for sugar.
Fish, shellfish		For all fish and shellfish: Wrap tightly in heavy-duty foil or freezer wrap.
"fatty" fish—bluefish, catfish, trout, etc.3 months	
"lean" fish—cod, flounder, etc.6 months	
shellfish3 months	
Ice cream, sherbet1 month	
Main dishes, cooked		Freeze in freezer and ovenproof baking dishes or freezer containers.
meat, fish3 months	
poultry6 months	
Meat		If meat is purchased fresh and wrapped in plastic wrap, check for holes. If none, freeze in this wrap up to 2 weeks. For longer storage, overwrap tightly with freezer wrap or heavy-duty foil. Keep frankfurters in vacuum packages.
bacon1 month	
frankfurters2 weeks	
ground, stew meat3 months	
ham2 months	
leftover cooked3 months	
roasts		
beef, lamb1 year	
pork, veal8 months	
steaks, chops		
beef1 year	
lamb, veal9 months	
pork4 months	
variety meats4 months	
Nuts3 months	
Pies		Do not freeze.
custard8 months	Freeze baked or unbaked.
fruit8 months	
Poultry		Wrap in heavy-duty foil or freezer wrap as airtight as possible. Thaw uncooked poultry in refrigerator or under cool running water. Cook within two days of thawing.
cooked, with gravy6 months	
cooked, no gravy1 month	
uncooked (whole)		
chicken, turkey1 year	
duck, goose6 months	
uncooked (parts)		
chicken9 months	
turkey6 months	
Vegetables1 year	

Food	Time	Special Handling
Commercially Frozen Foods		
Breads		
baked3 months	
unbakedcheck label	
Cakes		
angel-food2 months	
layer cake, frosted4 months	
pound, yellow cake6 months	
Coffee lighteners1 year	
Doughnuts, pastries3 months	
Fish, shellfish		
"fatty" fish—mackerel, trout, etc.3 months	
"lean" fish—cod, flounder, etc.6 months	
Shellfish		
Alaska King crab10 months	
breaded, cooked3 months	
lobster, scallops3 months	
shrimp (unbreaded)1 year	
Fruit1 year	
Ice cream, sherbet1 month	
Juices, concentrates1 year	
Main dishes, pies		
fish, meat3 months	
poultry6 months	
Meat		
beef, roasts, steaks1 year	
ground beef4 months	
lamb, veal		
roasts, steaks9 months	
pork		
chops4 months	
roasts8 months	
Pancake, waffle batter3 months	
Pies8 months	
Poultry		
chicken, turkey parts6 months	
chicken, turkey (whole bird)1 year	
duck, goose6 months	
turkey rolls, roasts6 months	
TV dinners6 months	
Vegetables8 months	

Pick up frozen foods immediately before going to check-out counter. Buy only foods frozen solid and with no dribbles on the package, odor, or other signs of being thawed. Put all frozen foods together in one bag so they'll stay cold as possible for trip home. Store in original wrapping. Place in home freezer as soon as possible. Cook or thaw as label directs.

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