

# Food Storage Guide\*



## Refrigerator

## Ultrachill

## Freezer

### Meat

-  Sausages and Mince
-  Chops and Steak
-  Cold Meats
-  Roasts

1-2 Days  
3-4 Days  
3-5 Days  
3-5 Days

3-5 Days  
5-7 Days  
5-7 Days  
7 Days

2-3 Months  
4-6 Months  
4-6 Months  
12 Months

### Poultry




-  Chicken
-  Roast Chicken
-  Eggs

1-2 Days  
3-5 Days  
6 Weeks

5-7 Days  
7 Days  
Not Suitable

2 Months  
12 Months  
Not Suitable

### Seafood






-  Whole fish and fillets
-  Lobster and Crab
-  Prawns

2-3 Days  
1-2 Days  
1-2 Days

5-7 Days  
3-5 Days  
3-5 Days

2 Months  
2 Months  
2 Months

### Dairy

-  Milk
-  Yoghurt
-  Hard Cheeses
-  Soft Cheeses
-  Butter

Until Expiry Date  
7-10 Days  
2 Weeks - 2 Months  
1-2 Weeks  
8 Weeks

Not Suitable  
Not Suitable  
1-2 Months  
2-4 Weeks  
3-4 Months

Not Suitable  
Not Suitable  
2 Months (Grated)  
Not Suitable  
12 Months

### Fruit & Vegetables

-  Fruit & Vegetables

Every fruit and vegetable has a different shelf life

Not Suitable

8-12 Months  
When freezing chop and blanch in small portions.

\*Note. Please note that this information is a guide only, actual storage times will vary depending on how you use your refrigerator.