

# Welcome to Thawing 101.

Stocked up on groceries, but not sure where to store them? Try the freezer. Not only does freezing your food free up in-demand real estate in your refrigerator and pantry, but it can also [keep food fresh for longer](#). But, as the old saying goes, nothing lasts forever—and your freezer food is no exception.

You'll eventually want to remove your groceries from that icebox and, you know, use 'em!

[How long does your food last in the fridge](#) once it's out of the freezer? Well, it's complicated. Every type of food has a different shelf life; plus, those [expiration dates](#) are no longer valid. Note that it's safe to eat food with [freezer burn](#), but it will have a dry and unpleasant texture.

## Here's how long thawed food lasts

### PROTEIN

**Bacon, Cooked**  
4 to 5 days

**Bacon, Uncooked**  
7 days

**Beef Roast, Steaks or Ribs, Uncooked**  
3 to 5 days

**Chicken, Cooked**  
3 to 4 days

**Chicken, Uncooked**  
1 to 2 days

**Fish, Uncooked**  
1 to 2 days

**Ground Beef, Cooked**  
3 to 4 days

**Ground Beef, Uncooked**  
1 to 2 days

**Hot Dogs, Opened**  
1 week

**Hot Dogs, Unopened**  
2 weeks

**Lunch Meat, Opened**  
3 to 5 days

**Lunch Meat, Unopened**  
2 weeks

**Pork Roast, Chops or Ribs, Uncooked**  
3 to 5 days

**Shrimp, Uncooked**  
1 to 2 days

**Tofu**  
1 week

### FRUITS & VEGGIES

**Berries**  
4 to 5 days

**Green Beans**  
3 to 4 days

**Broccoli**  
3 to 5 days

**Tomatoes**  
2 to 3 days

**Corn**  
3 to 4 days

**Butter**  
1 to 3 months

**Shredded Cheese, Unopened**  
1 month

**Whipped Topping**  
1 to 2 weeks

**Yogurt**  
1 to 3 weeks

### PREPARED FOODS

**Bagels**  
1 to 2 weeks

**Bread**  
1 to 2 weeks

**Cakes**  
1 to 2 days

**Leftovers**  
3 to 4 days

**Pies**  
3 to 4 days

**Rolls**  
1 week

## Protein

- **Bacon, Cooked:** 4 to 5 days
- **Bacon, Uncooked:** 7 days
- **Beef Roast, Steaks or Ribs, Uncooked:** 3 to 5 days
- **Chicken, Cooked:** 3 to 4 days
- **Chicken, Uncooked:** 1 to 2 days
- **Fish, Uncooked:** 1 to 2 days
- **Ground Beef, Cooked:** 3 to 4 days
- **Ground Beef, Uncooked:** 1 to 2 days
- **Hot Dogs, Opened:** 1 week
- **Hot Dogs, Unopened:** 2 weeks
- **Lunch Meat, Opened:** 3 to 5 days
- **Lunch Meat, Unopened:** 2 weeks
- **Pork Roast, Chops or Ribs, Uncooked:** 3 to 5 days
- **Shrimp, Uncooked:** 1 to 2 days
- **Tofu:** 1 week

## **Fruits & Vegetables**

- **Berries:** 4 to 5 days
- **Broccoli:** 3 to 5 days
- **Corn:** 3 to 4 days
- **Green Beans:** 3 to 4 days
- **Tomatoes:** 2 to 3 days

## **Dairy**

- **Butter:** 1 to 3 months
- **Shredded Cheese, Unopened:** 1 month
- **Whipped Topping:** 1 to 2 weeks
- **Yogurt:** 1 to 3 weeks

## **Prepared Foods**

- **Bagels:** 1 to 2 weeks
- **Bread:** 1 to 2 weeks
- **Cakes:** 1 to 2 days
- **Leftovers:** 3 to 4 days
- **Pies:** 3 to 4 days
- **Rolls:** 1 week

No matter what the food is—or how long it's been out of the freezer—it's best to go with your gut. While we're big proponents of making the most out of your groceries, it's a good idea to discard anything that looks (or, worse, smells) strange.

Source: [USDA](#)