



Food storage Guidance



The storage depends on several factors:

Nature of product, storage time of the product before it was purchased, product temperature during storage, operating efficiency of the fridge and the freezer and the storage temperature.

Why cannot we control these factors? For example, you must always pay attention to what is written on package and choose the product the life of which will still have a long period.

The most essential rule: if you are in doubt of the product, the best thing to throw it away.

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Main products

- Storage of products in cool place far from heating devices.
- Majority of the products i.e. the preserved ones might be stored for a long time. It is important to use products the life of which is nearly to expire. The food storage above the specified storage life may affect the quality, color, taste and etc.
- Buy only fresh products. Dusty preserves and torn labels may point at expired and old stocks. Do not purchase depressed or swollen tins.

Products

Products	Storage	Storage conditions
Powder	18 months or before the expiration date on the package	Keep closed in a dry place
Soda	2 years	Keep closed in dry place
Бульоны сухие, кубики	1 year	Keep closed in dry place
Bread crumps	6 months	Keep closed in dry place
Bread	3 days	
Chocolate	12 months	In cool place
Chocolate open	2 years 6 months	Sealed, after opening in the fridge
Cocoa- powder	8 months	Sealed
Coffee	9 months	Sealed. Keep in dry and cool place
Flour	6 - 8 months	Keep in dry and cool place Keep in airproof containers
Gelatin	18 months	Keep in the original package
Cereal	12 months	Keep in airproof containers
Honey	12 months	Sealed, in case of crystallization put the container under the warm water

Jam – open	12 months 6 months	Sealed, keep in the fridge after opening Keep tightly covered. Refrigerate to extend storage life.
Mayonnaise	2 - 3 months	Check the date on the package; keep in the fridge after opening
Condensed milk • sealed	12 months	Keep in the fridge after opening
– Milk-powder • sealed	6 months	
• open	3 months	Keep in airproof containers
Macaroni products		
– spaghetti, macaroni	2 years	after opening keep in airproof containers
– egg noodle	6 months	
Rice – white	1 year	Keep in closed containers
Salad sauces – in bottles, closed	10 - 12 months	
–in bottles, open	3 months	Keep in the fridge after opening
– manually	2 weeks	Keep in the fridge
Vegetable oils – sealed	6 months	
– unsealed	1 to 3 months	Keep in cool and dark places in closed containers
Sugar – refined	1 year	Properly closed
– sand	1 year	Properly closed
Tea – in packet	18 months	keep in airproof containers
Vinegar – sealed	2 years	
– unsealed	12 months	Keep in sealed type.



Cold and freezing storage

- Use foil, stretch-film, plastic airproof containers designed for the storage of food products in the fridge or in the freezer. It is better to use moisture-proof and steam-proof containers.
- Regularly wash refrigerators for removal of foreign smells.
- Keep cooled products under the temperature not above than +5°C. If the temperature in the fridge is inappropriate, then the products will spoil quickly. Check the temperature in the fridges using needle thermometer and external control thermometer.
- Do not keep the products after the expiration of their storage life.
- Freeze the products in containers intended for freezing storage.
- Keep the freezer clean under the temperature -18°C and below

Bakery and confectionery products

Products	0...4,4°C	-18°C	Comments
Cookies, sub-products	2 .. 3 weeks	1 month	Long storage may inactivate yeast. The gluten dilutes
Partially baked cookies		2 months	
Baked cookies		2 months	
Baked cakes		6 .. 12 months	
Baked bread	2 ... 3 weeks	2 .. 3 months	Fridge storage prevents from mold formation
Unbaked fruit pie	1 .. 2 days	2 .. 4 months	
Baked fruit pie	2 .. 3 days	6 .. 8 months	
Baked cookie	2 .. 3 days		
Paste for baking cookies		3 months	
Unbaked cake		1 month	
Frozen baked pie		1 month	
Frozen cakes		6 -12 months	
Fruit pie		6 - 12 months	

Dairy products

Products	0...4,4°C	-18°C	Comments
Oil	1 .. 2 weeks	12 months	Waterproof cover
Margarine	4 .. 6 months	12 months	Waterproof cover
Cheese			
– rikotta	5 .. 7 days	4 weeks	Keep the cheese closed in the moisture-proof film
– peynir	2 weeks	*	
– hard cheddar, Edam, Gouda			
• closed	2 .. 3 months	6 .. 8 months	
• open	2 .. 3 weeks		
– with slices	2 weeks		
– soft cream cheese	5 .. 6 days		
– Parmesan			Keep in the fridge after opening
– open	3 .. 4 weeks	6 ... 8 months	
Klyar			
–purchased	2 weeks		Keep closed
– manually made	2 days		Keep closed
Milk			
Pasteurized (open)	1 ... 2 days	*	Keep closed
– Remade	2 days	*	Keep closed
– Sugary condensed	4 ... 5 days	*	Keep closed
Cream	2 weeks	*	Keep closed
Yogurt	3 days	*	Keep closed
Eggs			
– in shell	2 weeks	*	Keep crude eggs closed in the closed container On the lower shelf in the fridge
– White hots or yolks	2 days	1 year	
–hard-boiled	6 days	*	
Eggs containing products			
– scalded cream	1 .. 2 days	*	

Fruit and juices

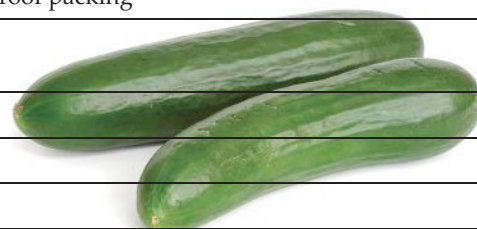
Products			Comments
Apples	1 month		Do not store tainted fruits. Do not wash fruits before their storage as the moisture promotes development of microorganisms and spoiling. Keep them in the moisture-proof containers.
Apricot	3 .. 5 days		
Avocado	5 days		
Bananas			
Berries	2 ... 3 days	8 ... 12 months	
Preserved fruits opened	2 ... 4 days	2 ... 3 months	Keep in suspended condition
Cherry	2 ... 3 days	8 ... 12 months	
Citreous fruits	2 weeks	4 ... 6 months	
Preserved juices			
Butylated restored (open)	1 day		
One component and multicomponent			Do not store juice in cans. Transfer the juice into closed decanter.
			Store in the fridge. Do not use upon the expiration date
Kiwi	6 ... 8 days	4 .. 6 months	
Melon	5 days	8 ... 12 months	Keep closed so that the smell of the melon will not penetrate other products.
Nectarines	5 days	8 ... 12 months	
Peaches	2 ... 3 days	8 ... 12 months	
Pear	5 days	8 ... 12 months	
Pineapple	5 ... 7 days	4 ... 6 months	
Plum	5 days	8 ... 12 months	



Green Vegetables

Frozen vegetables (in the package without sauce): store 6 months. Prepared vegetables shall be kept closed not more than 2 days.

Products	0...4,4°C	-18°C	Comments
Artichoke	2 .. 3 days		
Grass	2 .. 3 days	8 to 12 months	
Green	1 ... 2 days	8 to 12 months	
Beet-root	2 weeks	8 to 12 months	
Broccoli	3 .. 5 days	8 to 12 months	
Brussels sprouts	3 .. 5 days	8 to 12 months	
Vegetable marrows	1 неделя	8 to 12 months	Store in moisture-proof packing
Preserved vegetables	1 .. 4 days (open)	2 to 3 months	
Carrot	2 weeks	8 to 12 months	
Cauliflower	1 week	8 to 12 months	
Celery	1 week	8 to 12 months	
Cucumber	1 week	8 to 12 months	
Eggplant	2 ..3 days	8 to 12 months	
Frozen vegetables		8 months	
Grees	3 to 5 days	8 to 12 months	
Kohlrabi	1 week	8 to 12 months	
Salad leaves – unwashed – washed	5 .. 7 days 3 .. 5 days		Store in moisture-proof package.
Green kidney bean	3 .. 5 days	8 .. 12 months	
Mushrooms	1 .. 2 days	8 .. 12 months	Do not wash before storage
Onion, potato			Store in cool place
Parsley	2 ..3 days	3 .. 4 months	
Peas – podded – pod free	3 .. 5 days 3 .. 5 days	8 to 12 months	Store in moisture-proof package
Bulgarian pepper	1 week	8 .. 12 months	
Radish	2 weeks		
Tomatoes	1..2 days	8 .. 12 months	



Fresh raw meat, hen

Products	0...4,4°C	-18°C	Comments
Red meat			
– jaw	3 .. 5 days	3 .. 4 months	Перед хранением мясо укладывать в пластиковые контейнеры
– forced meat	1 .. 2 days	3 .. 4 months	
– for frying	3 .. 5 days	6 .. 12 months	
– steak	3 .. 5 days	6 .. 12 months	
– for smothering	1 .. 2 days	3 .. 4 months	
– liver, heart, lungs	1 .. 2 days	1 .. 2 months	
Hen			
– whole	1 .. 2 days	1 year	
– with pieces	1 .. 2 days	9 months	
– duck or whole goose	1 .. 2 days	6 months	
– Giblets	1 .. 2 days	3 .. 4 months	
– Forced meat	1 .. 2 days	6 months	

Boiled beef

Products	0...4,4°C	-18°C	Comments
– Boiled meat	2.. 3 days	2 .. 3 months	Keep closed
– meat broth, sauce	1 .. 2 days	2 .. 3 months	Keep closed
Chicken			
– Fried chicken	2..3 days	4 months	
– Boiled chicken	2..3 days	4 .. 6 months	
– with piece	2..3 days	1 month	
– a piece in the broth	1 .. 2 days	6 months	For cooling boiled or fried meat , put container with meat into ditch with ice
– chicken pie	1 .. 2 days	1 .. 3 months	

Smoked meat

Products	0...4,4°C	-18°C	Comments
– Cooked sausage open	1 to 2 days	1 .. 2 month	
– Cooked sausage closed	upon the expiration date of the manufacturer		
– Smoked sausage	7 days	1 .. 2 months	

Other products

Product	0...4,4°C	-18°C	Comments
Preserved products			
– pudding, sweets (open)	1 .. 2 days		after unsealing the preserves, their contents shall be transferred into plastic closed container. Do not store in the tin.
– sauce or broth	2 days	2 .. 3 months	
– meat	2 .. 3 days		
– sauce, tomato sauce	5 days	2 .. 3 months	
Various products			
– soup, stewed meat	2 .. 3 days	4 .. 6 months	
– sandwiches	2 .. 3 days	1month	
– grilled	1 .. 2 days	1 month	
– spices	6 months	6 .. 12 months	
– Rendered fat, vegetable oil (open)	several months		
– margarine			
– Mayonnaise	2 months		
Delicacies in vacuum pack			
– ready for use			
Eggs, marten, tuna, hams, Macaroni salad	3 .. 5 days		
– ready preserved food	1 .. 2 days		
– food in vacuum pack sealed	2 weeks		



Packed products

Products	Storage	Comments
Sponge-cakes, cakes	9 months	Keep on cool and dry place
Cakes	1 .. 2 days	Store in the fridge
Cookie		
– home made	2 .. 3 weeks	Keep in airproof container
– in package	2 months	Keep in closed container
Cracker	3 months	Keep closed
Sugar icing		
– preserved	3 months	Keep remains in the fridge
Rolls with filling	18 months	When opened keep in closed container not more than 3 days
Baking (rolls)	2 .. 3 days	Refrigerate whipped cream, custard and chiffon fillings
Fried potato frozen	6 .. 12 months	Keep in well closed containers
Powdered drink powder	18.. 24 months	
Pudding mixture	12 months	Keep in dry and cool place
Rice mixture	6 months	Keep in dry and cool place
Sauces and dry broths	6 .. 12 months	Keep in dry and cool place
Dry mix for soup	12 .. 15 months	See the expiration date on the packing and keep in dry and cool place

Preserved and dry products

Products	Storage	Comments
Preserved products – plastic pack	6 .. 12 months	
Preserved fruit juice	9 months	Keep in cool place
Juice in Tetra Pack	9 months	See the expiration date
Preserved products sealed – opened	12 months 2..3 days	Keep in dry cool place Keep in closed container in the fridge. All open preserves shall be stored in plastic containers in closed cool condition
<ul style="list-style-type: none"> • fish and seafood • fruit • meat food • pickled food, olives • chicken • sauce, tomato filling • vegetables 	2 days 2 .. 4 days 2 days 1 .. 2 months 2 days 5 days 1 .. 4 days	
Dried fruit	6 months	Keep in dry cool place in airproof containers.

Spices and additives

Products	Storage	Comments
Ketchup, chili sauce – sealed – unsealed	12 months 1 month	Keep cool
Mustard – sealed – unsealed	2 years 6 .. 8 months	Keep cool
Spices and additives Store in airtight containers in dry places away from sunlight and heat.		
– hashed	6 months	Periodically check taste and aroma.
– mixed	6 months	Keep away from sunlight and heat in dry room
Soya sauce (closed)	3 years	Do not store more than 6 months after opening

Dry products

Products	Storage	Comments
Parmesan cheese (smeared over)		
– sealed	10 months	
– unsealed	2 months	Keep closed in the fridge
Coconut		
– chipping		
• sealed	12 months	
• unsealed	6 months	Keep dry
Meat substitutes		
– Texturat	4 months	Keep closed.
Nuts		
– in shell, closed	4 months	
– without shell closed		
• vacuum packing	3 months	Unsalted and blanched
• opened	2 weeks	
Peanut oil		
– closed	6 .. 9 months	
– opened	2 .. 3 months	Store in the fridge after opening
Pea and haricot bean (dry)	12 months	Keep in closed containers Corn
Corn for popcorn	2 years	Keep in closed containers
Dry yeast	See the expiration date on the package	

