

Shelf-Life Reference Chart

Maximum storage duration by food type × location — always discard sooner if quality is off

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Culinct FSMS

⚠ IMPORTANT: Values are upper limits under IDEAL storage conditions (chiller 0-5°C · freezer ≤-18°C · bain marie ≥60°C · dry store cool & dry). If you notice off-colour, off-smell, sliminess, mould or pests at any point — DISCARD immediately. Cross-check with the label on the container. Reheat food only ONCE.

FOOD ITEM	ROOM TEMPERATURE (25-30°C)	BAIN MARIE (≥60°C HOT)	REFRIGERATOR (0-5°C CHILLER)	FREEZER (≤-18°C)
COOKED				
Cooked gravy / curry	2h	4h	3 days	1 month
Cooked rice / biryani	2h	4h	3 days	1 month
Cooked meat (kebab, roast)	2h	4h	3 days	2 months
Cooked poultry (chicken, duck)	2h	4h	3 days	2 months
Cooked fish / seafood	2h	4h	2 days	1 month
Cooked pulses / dal	2h	4h	3 days	1 month
Cooked vegetables	2h	4h	3 days	10 months
Boiled eggs (shell on)	2h	-	7 days	-
Reheated food (once only)	2h	2h	24h	-
RAW				
Raw poultry (chicken, duck)	-	-	1-2 days	9 months
Raw mutton / lamb	-	-	1-2 days	6 months
Raw beef / pork	-	-	1-2 days	6 months
Raw fish (whole / fillet)	-	-	1 day	3 months
Raw prawns / shellfish	-	-	1 day	3 months
Marinated meat (ready to cook)	-	-	24h	1 month
Minced meat / kheema	-	-	24h	3 months
PRODUCE				
Fresh leafy greens (spinach)	4h	-	3-5 days	8 months (blanched)
Fresh vegetables (whole)	1 day	-	5-7 days	8 months (blanched)
Cut vegetables (peeled/chopped)	2h	-	24h	6 months (blanched)
Fresh herbs (coriander, mint)	4h	-	3 days	6 months
Fresh fruit (whole)	3 days	-	5-7 days	10 months
Cut fruit (fruit chaat, etc.)	2h	-	24h	-
DAIRY				
Milk (open pack)	2h	-	2 days	1 month
Curd / yoghurt (open)	2h	-	5 days	-
Paneer / cottage cheese	2h	-	3 days	1 month
Butter / ghee (open)	1 day	-	3 weeks	6 months
Hard cheese (block)	2h	-	3 weeks	6 months
Cream (whipping / heavy)	-	-	5 days (opened)	3 months
Raw eggs (in shell)	1 day	-	3 weeks	-
Cracked / pooled eggs	-	-	USE SAME DAY	-
PREPARED				
Cooked cold salads (chicken/tuna)	2h	-	24h	-
Sandwich fillings (mayo-based)	2h	-	24h	-
Cooked pasta (plain)	2h	4h	3 days	1 month
Cooked pasta with sauce	2h	4h	2 days	1 month
Sushi / raw fish rolls	2h	-	SAME DAY	-
Cut fruit platters	2h	-	24h	-
Marinades / dressings (fresh)	2h	-	3 days	1 month
BASE				
Cooked stock / broth	2h	4h	3 days	3 months
Tomato-based gravy base	2h	4h	5 days	3 months
Yoghurt-based marinade	-	-	24h	-

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BAKERY				
Fresh bread / pav / naan	1 day	-	5 days	3 months
Cakes / pastries (cream)	2h	-	3 days	-
Cakes / pastries (dry)	3 days	-	1 week	3 months
NUTS & SEEDS				
Almonds / cashews / pistachios (raw)	6 months	-	1 year	2 years
Walnuts / pine nuts (high-oil)	3 months	-	6 months	1 year
Peanuts (shelled, raw)	3 months	-	6 months	1 year
Sesame / pumpkin / sunflower seeds	3 months	-	6 months	1 year
Desiccated / dried coconut	2 months	-	4 months	6 months
SPICES (WHOLE)				
Cumin / coriander / mustard seed	2-3 years	-	-	-
Cardamom / cloves / cinnamon	2-3 years	-	-	-
Black pepper (whole)	3-4 years	-	-	-
Dry red chillies	1 year	-	-	-
Bay leaf / star anise	2 years	-	-	-
SPICES (POWDERED)				
Turmeric / chilli / coriander powder	1 year	-	-	-
Garam masala / blended masalas	6 months	-	-	-
Ground pepper / cumin powder	6 months	-	-	-
Asafoetida (hing)	1 year	-	-	-
FLOURS & GRAINS				
Refined flour / maida	6-8 months	-	1 year	-
Whole wheat flour / atta	2-3 months	-	6 months	1 year
Gram flour / besan	2-3 months	-	6 months	-
Rice flour / cornflour	6-8 months	-	1 year	-
Semolina / rava / suji	4-6 months	-	8 months	-
Raw rice (basmati/other)	1-2 years	-	-	-
Dry pulses / lentils / beans	1 year	-	-	-
Dry pasta / noodles (sealed)	1-2 years	-	-	-
Oats / breakfast cereal (sealed)	1 year	-	-	-
TETRA / UHT PACKS				
UHT milk / cream (tetra, unopened)	Until printed date	-	-	-
UHT milk / cream (tetra, opened)	2h	-	2-3 days	-
Tetra fruit juice (unopened)	Until printed date	-	-	-
Tetra fruit juice (opened)	2h	-	3-5 days	-
Coconut milk (tetra, opened)	2h	-	3 days	1 month
TINNED / CANNED				
Canned goods (sealed, unopened)	1-4 years	-	-	-
Canned tomatoes / puree (opened)	2h	-	3-5 days	2 months
Canned beans / chickpeas (opened)	2h	-	3-4 days	2 months
Canned fruit / pineapple (opened)	2h	-	5-7 days	-
Canned fish / tuna (opened)	2h	-	2 days	-
BOTTLED / CONDIMENTS				
Cooking oil (sealed)	1 year	-	-	-
Cooking oil (opened)	3-6 months	-	-	-
Ketchup / chilli / soy sauce (opened)	1 month	-	6-9 months	-
Mayonnaise (opened, jar)	-	-	2 months	-
Jam / preserves (opened)	-	-	6 months	-
Honey	Indefinite	-	-	-
Vinegar	1-2 years	-	-	-
Pickles / achar (oil-based)	6-12 months	-	-	-
Vanilla / essences	2 years	-	-	-

FOOD ITEM	ROOM TEMPERATURE (25–30°C)	BAIN MARIE (≥60°C HOT)	REFRIGERATOR (0–5°C CHILLER)	FREEZER (≤–18°C)
DRY STAPLES				
Sugar (white / brown)	2 years	-	-	-
Salt	Indefinite	-	-	-
Tea leaves / tea bags	1-2 years	-	-	-
Coffee (ground, sealed)	6 months	-	-	1 year
Papad / dry snacks (sealed)	3-6 months	-	-	-
Raisins / dates / dry fruit	6 months	-	1 year	-
Baking powder / soda	6-12 months	-	-	-
Custard / corn starch	1 year	-	-	-

Room temperature (25–30°C)
 Danger-zone for TCS foods. 2-hour rule applies unless noted otherwise.

Bain marie (≥60°C)
 Only for cooked foods being held for service. Reheat to ≥75°C before returning.

Refrigerator (0–5°C chiller)
 Cover, label with prep date. FIFO. Raw below cooked.

Freezer (≤–18°C)
 Wrap airtight. Thaw in fridge, running water, microwave, or cook-from-frozen — NEVER at room temp.

Sources: FSSAI Schedule 4, USDA Food Safety guidelines, FDA Food Code §3–501, Codex Alimentarius HACCP. Always follow the manufacturer's label if it specifies a shorter duration. This chart is a general reference — your outlet's HACCP plan or your Executive Chef's judgment takes precedence.