



# SEAFOOD AT ITS BEST

## SEAFOOD STORAGE GUIDE

Product	Purchased commercially frozen for freezer storage	Purchased fresh and frozen at home	Never frozen, thawed, or previously frozen and refrigerated at home
<b>Fish Fillets and Steaks</b>			
<b>Lean</b>			
Cod, Flounder	10-12 months	6-8 months	36 hours
Haddock, Halibut	10-12 months	6-8 months	36 hours
Pollock, Ocean Perch	8-9 months	4 months	36 hours
Rockfish, Sea Trout	8-9 months	4 months	36 hours
Ocean Perch (Pacific)	8-9 months	4 months	36 hours
<b>Fatty</b>			
Mullet, smelt	6-8 months	NA	36 hours
Salmon (cleaned)	7-9 months	NA	36 hours
<b>Shellfish</b>			
Crab (Dungeness)	6 months	6 months	5 days
Crab (king)	12 months	9 months	7 days
Crab (snow)	6 months	6 months	5 days
Crab, cocktail claws	NA	4 months	5 days
Blue crabmeat (fresh)	NA	4 months	5-7 days
Blue crabmeat (pasteurized)	NA	NA	6 months
Shrimp	9 months	5 months	4 days
Surimi products	10-12 months	9 months	2 weeks
Clams, shucked	NA	NA	5 days
Oysters, shucked	NA	NA	4-7 days
Lobster, live	NA	NA	1-2 days
Lobster, tail meat	8 months	6 months	4-5 days
Squid	8-9 months	4 months	36 hours
<b>Breaded Seafoods</b>			
Fish portions	18 months	NA	NA
Fish sticks	18 months	NA	NA
Scallops	16 months	10 months	NA
Shrimp	12 months	8 months	NA
<b>Smoked Fish</b>			
Herring	NA	2 months	3-4 days
Salmon, whitefish	NA	2 months	5-8 days

**Source:** National Fisheries Institute, 7918 Jones Branch Drive, Suite 700, McLean, VA 22102

- Notes:**
- NA = not applicable or not advised.
  - These storage guidelines indicate optimal shelf life for seafood products held under proper refrigeration or freezing conditions. Temperature fluctuations in home refrigerators will affect optimal shelf life as will opening and closing refrigerators and freezers often.
  - Although the above storage times ensure a fresh product for maximum refrigeration storage life at 32° F, plan on using seafood within 36 hours for optimal quality and freshness of the product.
  - To determine approximate storage time for species not listed, ask your retailer which category (lean, fatty, shellfish, breaded, or smoked) your purchase falls within and refer to this guide