Milk and Dairy Storage Chart

How long milk, plant milks, cream and yogurt last: what the USDA says · built 2 Nov 2026 · drinkstype.com

How to read this chart. Every row is from the USDA FoodKeeper (FSIS data version 128, file dated 2018): generic products, not brands. "From purchase" means counted from the date of purchase. The USDA gives no figure for some cells: they say "No time given". We do not fill gaps with guesses. Check the package date and label first.

Milk and plant milks

Item	Unopened	Opened	Freezer	Source and date read
Milk, plain or flavored (cow)	Fridge: use the package date	No time given.	3 months from purchase	USDA FoodKeeper, read 1 Nov 2026
Milk (ultra-pasteurized)	Fridge: 1 to 3 months	Fridge: 7 to 10 days	No time given.	USDA FoodKeeper, read 1 Nov 2026
Milk (shelf-stable)	Pantry: 6 to 12 months from purchase	Fridge: 5 to 7 days	No time given.	USDA FoodKeeper, read 1 Nov 2026
Milk (lactose-free)	No time given.	Fridge: 1 week	Not recommended	USDA FoodKeeper, read 1 Nov 2026
Milk (canned evaporated or condensed)	Pantry: 12 months from purchase	Fridge: 4 to 5 days	No time given.	USDA FoodKeeper, read 1 Nov 2026
Powdered milk	Pantry: 3 to 5 years	Pantry: 3 months	No time given.	USDA FoodKeeper, read 1 Nov 2026
Soy milk	Fridge: use the package date	Fridge: 7 to 10 days	No time given.	USDA FoodKeeper, read 1 Nov 2026
Almond milk	Fridge: use the package date	Fridge: 7 to 10 days	No time given.	USDA FoodKeeper, read 1 Nov 2026
Rice milk	Fridge: use the package date	Fridge: 7 to 10 days	No time given.	USDA FoodKeeper, read 1 Nov 2026
Coconut milk, carton	Fridge: use the package date	Fridge: 7 to 10 days	No time given.	USDA FoodKeeper, read 1 Nov 2026
Coconut milk, canned	Pantry: 2 to 5 years from purchase	Fridge: 4 days	3 months	USDA FoodKeeper, read 1 Nov 2026

Cream, creamers and cultured dairy

Item	Unopened	Opened	Freezer	Source and date read
Cream (half and half)	Fridge: 3 to 4 days from purchase	No time given.	4 months from purchase	USDA FoodKeeper, read 1 Nov 2026
Cream (light)	Fridge: 1 week from purchase	No time given.	3 to 4 months from purchase	USDA FoodKeeper, read 1 Nov 2026
Cream (heavy)	Fridge: 10 days from purchase	No time given.	3 to 4 months from purchase	USDA FoodKeeper, read 1 Nov 2026
Cream (whipping, ultrapasteurized)	Fridge: 1 month from purchase	Fridge: 1 week	Not recommended	USDA FoodKeeper, read 1 Nov 2026
Coffee creamer (liquid refrigerated)	Fridge: 3 weeks from purchase	No time given.	No time given.	USDA FoodKeeper, read 1 Nov 2026
Coffee creamer (powdered)	Pantry: 2 years from purchase	Pantry: 2 to 3 months	No time given.	USDA FoodKeeper, read 1 Nov 2026

Cream, creamers and cultured dairy

Item	Unopened	Opened	Freezer	Source and date read
Buttermilk	Fridge: 1 to 2 weeks from purchase	No time given.	3 months from purchase	USDA FoodKeeper, read 1 Nov 2026
Kefir (fermented milk)	Fridge: 1 week from purchase	Fridge: 1 to 2 days	Not recommended	USDA FoodKeeper, read 1 Nov 2026
Yogurt	Fridge: 1 to 2 weeks from purchase	No time given.	1 to 2 months	USDA FoodKeeper, read 1 Nov 2026
Sour cream	Fridge: use the package date	No time given.	Not recommended	USDA FoodKeeper, read 1 Nov 2026
Eggnog (commercial)	Fridge: 3 to 5 days from purchase	No time given.	6 months from purchase	USDA FoodKeeper, read 1 Nov 2026
Butter	Fridge: 1 to 2 months from purchase	No time given.	6 to 9 months from purchase	USDA FoodKeeper, read 1 Nov 2026

Print tip. Letter or A4, landscape. Stick it inside the cabinet or fridge door and write the date on every container you open.

More free charts on drinkstype.com: Home Bar Storage, Milk and Dairy, Juice, Soda and Water, Coffee and Tea, Strength, Calories and Units.

Sources (web addresses)
USDA FoodKeeper: https://catalog.data.gov/dataset/fsis-foodkeeper-data