

## How Long Can Steak Stay in the Fridge or Freezer? | Glad

It's common to have a nice juicy steak but no special occasion to cook it. The thing is, how long can steak stay in the fridge or freezer? Well, we have some easy pointers on how to store steak properly.



### How Long can Steak be in the Fridge?

So, how to store raw steak in the fridge? Well, if you're planning to throw that steak on the grill soon, you can try storing your steak in the fridge for around three to five days when you properly set your fridge to 40 °F (4.4 °C) or below. When in doubt, always refer to the "sell-by" date on the package.



If you want to store a cooked steak in the fridge, you can still do it! Just remember it won't last as long as a raw one (fresh steak will last 3-5 days and cooked 3-4 days). And if you also want to store some yummy leftovers with that steak, here's a guide that may come in handy on how long leftovers last.

### How to Freeze Steak

So, can you freeze steak? The answer is a resounding YES. But more importantly, let's find out how to freeze steak with the right technique.

Assuming you use the right technique to store your steak in the freezer, a steak freezer life can last anywhere between four to twelve months at 0° F (-17.8 °C) safely.



The trick to store your steak in your freezer is to ensure you keep it as juicy as possible, which will help keep both its tenderness and flavor, and prevent it from drying out. [A](#) simple and reliable option is using Glad® Flex'N Seal™ Freezer Bags to help keep freezer burn at bay, which will stretch to fit around large cuts or awkward shapes of meat.

You could also use Glad® Freeze'N Seal™ that combines more stretch, tighter cling and 25% thicker wrap for 3X freezer protection for your favorite cuts.\* For more information, check out this handy article on how long can you freeze and store meat.  
\* compared to standard Glad Cling'n Seal

### How to Thaw Steak

By now, all your “how to freeze steak” questions have been answered. But what happens when it's finally time to enjoy that steak?



The best way to thaw steak is by leaving it in its original package, placing it on a plate, and moving it to the fridge. Give your steak at least a full day to thaw in the fridge before tossing it on the grill.

And if you're in a hurry, there's a quicker method. Fill a large bowl with cold water. To prevent a waterlogged steak and bacteria from being introduced to the steak, put that steak into a leak-resistant bag, like our Glad® Flex'N Seal™ Bags, and submerge it completely. Change the water every 30 minutes. Depending on its size, it should be ready in about fifteen to forty minutes. Right after that, cook it to an internal temperature of 145 °F (62.8 °C) and allow to rest for at least 3 minutes. Bon appétit!