

Is this food still good?

## Food shelf life recommendations

This chart is intended to be used as a guideline for how long foods can safely be stored and consumed. The dates in the table refer to how long a food lasts after the date printed on the package.

PRODUCT	SHELF LIFE AFTER DATE ON PACKAGE	
Baby food	Use date on package	
Beans, dried	12 months	
Canned goods	12 months	
Cereal	6 months	
Condiments	12 months	
Salad dressings	12 months	
Cookies, packaged	2 months	
Crackers	8 months	
Gravy, canned or mixes	24 months	
Herbs & spices	12-24 months	
Jams, jellies, preserves	12 months	
Milk, canned	12 months	
Oils	6 months	
Nuts	12 months	
Pasta	12 months	
Pasta sauce	18 months	
Peanut butter	9 months	
Peas & lentils, dried	12 months	
Potatoes, instant	6 months	
Rice	12 months	
DAIRY		
PRODUCT	REFRIGERATED	FROZEN
Butter, margarine	1-3 months	6-9 months
Cheese, hard/block	6 months unopened	6 months
Cheese, shredded	1 month	3-4 months
Eggs	3-5 weeks	Do not freeze
Milk	1 week	3 months
Yogurt	1-2 weeks	1-2 months
MEAT		
PRODUCT	REFRIGERATED	FROZEN
Beef, lamb, pork, veal	3-5 days	3-4 months
Chicken or turkey	1-2 days	12 months
Hot dogs	2 weeks	1-2 months
Lunch meats	2 weeks	1-2 months
PRODUCE		
PRODUCT	FRESH	FROZEN
Bagged salad	5-7 days	Do not freeze
Fruit	2-14 days	6 months

Vegetables 2-14 days 12 months

Guidelines are based on food being stored safely. Visit **feedhopenow.org/foodsafety** for more information. Please stay up to date on food recall notifications sent from Second Harvest Food Bank of Central Florida.

Sources: Feeding America, The Food Keeper, USDA

### **Common terms**

#### **BEST BY / USE BY**

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- Best by (or best before):
   Manufacturer's recommended date for best flavor.
- Use by: Last date recommended for the use of the product while at peak quality.
- Best by and use by are <u>NOT</u> food safety dates.
- Tip: Crackers may be soft instead of crispy after best before/use by date but are still safe to eat.

#### **SELL BY**

• **Sell by:** Date that tells the store how long to display the product for sale for inventory management. It is **NOT** a safety date except for fresh meat, poultry and fish, which must be FROZEN at or before the Sell By Date.

#### FREEZE BY

 Freeze by: Date that indicates when a product should be frozen to maintain peak quality. It is <u>NOT</u> a sell by or safety date.

### **EXPIRATION DATE**

- **Expiration date:** Do not use the product beyond this date.
- Tip: Always ensure meat, poultry and fish are frozen in a freezer on or before the date printed on package.

# Before you throw something out



Scan the QR code for a more detailed food safety guide or call Second Harvest at 407-514-1024 for further assistance.

Best by dates poster.indd 1 6/20/2024 11:54:46 AM