



Sell-By/Best-By Dates are indicators of peak freshness and do not mean the food is expired!

Past-Date Guidelines for Food Consumption

PRINTED DATE + TIME = GOOD FOOD

DAIRY	PRODUCE	MEAT	BREAD
Butter +2 months	Greens +1-2 days Vegetables +3-5 days Frozen vegetables +1 week	Poultry, Beef, Pork, Fish, Seafood, Venison +1-3 days	Cereal +1 year
Cheese +2 weeks Hard Cheese +6 months Sliced Cheese +1 month Cottage Cheese +1 week	Fruit +4 days Fruit juice, refrigerated +3 wk	CONDIMENTS Honey, Molasses, Syrup +2 years	Crackers, Pretzels +9 months
	BEVERAGES		Rice +3 years
Ice Cream +2-4 months Yogurt +2 weeks Sour Cream +3 weeks	Juice in bottle or can +1 year Milk not refrigerated +1 year Rice & Soy Milk not refrigerated +6 months	Oil +6 months Vinegar +2 years Soy, Teriyaki Sauce +3 years	Pasta, dry +3 years Pasta, fresh +2 days
Eggs in Shell +1 month	Coffee +1 year	Mustard, Olives, Pickles +2 years	Tortillas, Wraps +3 months
Milk +1 week Cream +1 week Kefir +1 week	Carbonated drinks +6 months	Jams/Preserves +18 months Ketchup, Salsa +1 year Mayonnaise +6 months	<p>Laura O'Donohue Adapted from Feeding America, 2021</p> <p>This work is licensed under the Creative Commons Attribution-NonCommercial-NoDerivatives 4.0 International License. To view a copy of this license, visit http://creativecommons.org/licenses/by-nc-nd/4.0/ or send a letter to Creative Commons, PO Box 1866, Mountain View, CA 94042, USA.</p>
	Tea +3 years		