



CARE AND SHARESM
FOOD BANK FOR SOUTHERN COLORADO

A member of **FEEDING AMERICA**

EXPIRATION DATES

Based on USDA, FDA and additional sources.

TYPE OF PRODUCT	EXPIRES
Baby food, baby formula, yeast & dairy alternatives (almond, coconut, soy milk)	Cannot be past date
Beans, dried	2 years
Boxed meals, powdered drinks, gravy mix, sauce mix, stuffing	2 years
Canned goods, high acid (juices, fruit, pickles, sauerkraut, tomatoes, tomato soup, foods in vinegar-based sauce)	18 months <i>No date – toss</i>
Canned goods, low acid (such as meat, poultry, fish, gravy, stew, soups, beans, carrots, corn, pasta, peas, potatoes, pumpkin, spinach)	5 years <i>No date – keep</i>
Chips	3 months
Crackers and cookies	9 months
Dairy (up to 3 months if frozen before expiry date)	7-10 days
Eggs	3-5 weeks
Frozen meat (fried chicken, ground beef)	4 months
Frozen meat (chicken, turkey, steaks, roasts)	4 -12 months
Frozen meat (lunch meat)	1-2 months
Jelly, carton soup, broth, oils, salad dressing	1 year
Juice, shelf-stable (pouches, boxes)	6 months
Mayonnaise	4 months
Milk, shelf-stable (powder or canned)	1 year
Nuts, bagged (vacuum sealed 12 months)	1 month
Pasta, dry	3 years
Peanut butter	2 years
Rice, white or wild (brown rice 6 months)	2 years
Soda (diet soda 3 months)	9 months
Water (drink mixes, tea)	2 years

HAVE A SMART PHONE?

Download the USDA FoodKeeper app to check expirations for specific items.

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