



EXPIRATION DATES

Based on USDA, FDA and additional sources.

Manufacturers provide dating to help consumers and retailers decide when food is of the best quality. Except for Baby formula, dates are not an indicator of the product's safety and are NOT required by federal law.

"Use by" Date – Last date suggested for peak quality, not a safety issue.

"Expiration" Date- This is another term used to indicate the suggested date for peak quality, not a safety issue.

"Sell By" Date – This is an indicator for the retailer to know what day it should leave the store to have sufficient time remaining to have max quality when consumed later at the consumers home.

"Best by" Date - another term used to indicate the suggested date for peak quality, not a safety issue

"Freeze by" Date - indicates when a product should be frozen to maintain peak quality.

- Please always use discretion with items outside listed dates. Be mindful of smells, mold, improper storage and off texture or color. *When in doubt toss it out.*

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 of 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.