

SHELF LIFE AFTER EXPIRATION DATE

Food Item	Shelf Life After Code Date
SHELF STABLE	
Canned goods (low acidity)*	3 years
Canned goods (high acidity)**	18 months
Dry beans, rice, pasta, ramen	2 years
Boxed/bagged goods – cereal, crackers mixes, etc.	1 year
Sauces, condiments, dressings	1 year
Beverages	1 year
Chips	2 months
Mayonnaise/cream based items	3 months
Baby food/adult formula	Discard after date
FROZEN	
All assorted meats/poultry	2 months
Fruit, vegetables	6 months
Ice cream	2 months
DAIRY/COOLER	
Juice	3 weeks
Milk	1 week
Cheese	1 week (soft), 1 month (hard)
Eggs	3 weeks
Yogurt, sour cream, dips	2 weeks
Salsa, pesto	Discard after date
Hummus	1 week
Prepared dishes or meals	3 days
Salads	3 days
PRODUCE	
Packaged produce (bagged lettuce, etc.)	Discard if moldy, has a slimy look/feel, or is overly soft or discolored
Cut produce	Discard if moldy, has a slimy look/feel, or is overly soft or discolored
BREAD/PASTRY	
Fresh	4 days
Frozen	1 month
Containing cream	Throw away if not kept refrigerated/frozen

*Examples of low acidity canned goods: meat/poultry, soups, stews, pasta, potatoes, corn, carrots, spinach, peas, beets, beans, pumpkin

**Examples of high acidity canned goods: tomato products, fruits, sauerkraut, foods in vinegar-based sauces/dressings