



Is it still safe  
to eat?



# Expiration Dates

Information  
verified by the  
US Department of  
Agriculture

You can also use  
the FoodKeeper  
App or visit  
[foodsafety.gov](https://www.foodsafety.gov)  
for additional  
information

## What do they really mean?

**“Sell By”, “Best By”, “Expiration”, and “Use By”** dates are not indicators of food safety. Those dates simply indicate the manufacturer’s guarantee of best quality, not if the product is safe to consume.

**The Palm Beach County Food Bank has created an easy to use expiration date guide with best practices for when food should be consumed by.**

**All of the information on the following pages is based on the standards and regulations set forth by the USDA.**

**Please join us in following this guide to ensure we are distributing safe to eat foods and helping to eliminate food waste.**

# Expiration Date Guidelines

## Printed Date

Baby Food • Shelf-Stable Milk

## 1-2 Weeks Past

Fresh Bread • Yogurt • Tortillas • Pita • Pastries  
Refrigerated Deli Meats

## 1-2 Months Past

Refrigerated Cheese • Frozen Deli Meats  
Refrigerated Eggs in Shell

## 6 Months Past

Mayonnaise • Chocolate • Candy • Frozen Pastries  
Frozen Bread • Drinks (Except Milk & Water)

## 9 Months Past

Frozen Meat • Frozen Poultry

## 1 Year Past

Dry Goods • Pasta • Brown Rice • Cereals  
Sauces • Condiments • Baking Ingredients

## 2 Years Past

Canned Goods • Peanut Butter • Spices  
White Rice • Water



THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

# Alphabetized Product List

Product	Past the Expiration Date
Applesauce	1 Year
Baby Food	0 Days
Baking Ingredients	1 Year
BBQ Sauce	1 Year
Bread	1-2 Weeks
Bread (Frozen)	6 Months
Bread Mix	1 Year
Brown Rice	1 Year
Cake Mix	1 Year
Candy	6 Months
Canned Food	2 Years
Canned Fruit	2 Years
Canned Meat	2 Years
Canned Soup	2 Years
Canned Vegetables	2 Years
Cereal	1 Year
Cheese (Refrigerated)	1-2 Months
Cheese (Hard)	6 Months
Chicken (Frozen)	9 Months
Chips (Potato/Tortilla)	1 Year
Chocolate	6 Months
Coke	6 Months
Condiments (Except Mayo)	1 Year
Crackers	1 Year
Cream of Wheat (Mix)	1 Year
Deli Meat (Refrigerated)	1-2 Weeks
Deli Meats (Frozen)	1-2 Months
Dried Fruit	1 Year
Drink Powder	1 Year
Drinks (Except Water and Milk)	6 Months
Dry Beans	1 Year
Dry Goods	1 Year
Eggs (In Shell/Refrigerated)	1-2 Months
Fish/Shellfish (Frozen)	3-6 Months
Flour	1 Year
Frosting	1 Year
Frozen Bread	6 Months
Frozen Chicken	9 Months
Frozen Deli Meats	1-2 Months
Frozen Fish/Shellfish	3-6 Months
Frozen Meat	9 Months
Frozen Pastries	6 Months
Frozen Poultry	9 Months
Gatorade	6 Months
Gelatin Cup	1 Year
Grits (Dry)	1 Year
Hard Cheese	6 Months

Product	Past the Expiration Date
Honey	2 Years
Icing	1 Year
Jams	1 Year
Jellies	1 Year
Jell-O	1 Year
Juice	6 Months
Ketchup	1 Year
Mayonnaise	6 Months
Meat (Frozen)	9 Months
Milk (Shelf-Stable)	0 Days
Mustard	1 Year
Oatmeal	1 Year
Pancake Mix	1 Year
Pasta (Dry)	1 Year
Pastries (Frozen)	6 Months
Pastries (Fresh)	1-2 Weeks
Peanut Butter	2 Years
Pickles	1 Year
Pita Bread	1-2 Weeks
Popcorn (Kernels)	1 Year
Poultry (Frozen)	9 Months
Powerade	6 Months
Preserves	1 Year
Pudding Cups	6 Months
Pudding Mix	1 Year
Refrigerated Bread	1-2 Weeks
Refrigerated Cheese	1-2 Months
Refrigerated Deli Meat	1-2 Weeks
Refrigerated Pastries	1-2 Weeks
Relish	1 Year
Rice (Brown)	1 Year
Rice (White)	2 Years
Salad Dressings	1 Year
Salt	2 Years
Sauce	1 Year
Shelf-Stable Milk	0 Days
Soda	6 Months
Spaghetti Sauce	1 Year
Spices	2 Years
Sprinkles	1 Year
Stuffing (Dry)	1 Year
Sugar	2 Years
Syrup	1 Year
Tortillas	1-2 Weeks
Water	2 Years
Yogurt	1-2 Weeks



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