

Product Date Guidelines

In general, these products may last this long past their printed date:

Printed Date

Baby Food; Shelf-Stable Milk

1-2 Weeks Past

Fresh Bread; Cottage Cheese; 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; Frozen Fish

1 Year Past

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

2 Years Past

Canned Goods; Peanut Butter; Spices; White Rice; Water



"Is this safe to eat?"
TRUST YOUR SENSES



SIGHT

If you see signs of mold or decay, the food is no longer safe to consume. Check to see if the texture has changed. If so, it might be time to toss.

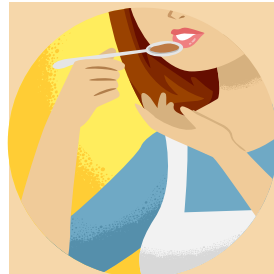
SMELL

One of the easiest ways to tell if a food has gone bad is its odor. If the smell seems different, sour or just plain bad, then it probably isn't safe to eat.



TASTE

If you still aren't sure if a food is still good, you can check to see if the flavor has changed. Don't eat it if it tastes sour or off.



When in doubt, always use your senses to assess the safety of your food. Most importantly, has it been stored properly?

Check out the FoodKeeper app for more food safety information



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Food Product Dates

What do they REALLY mean?

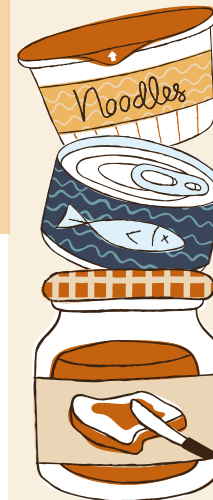
Did you know?

The listed dates are **voluntary** dates. Their purpose is to manage food quality and the store's inventory.

They are not:

- an indicator of safety
- **required or regulated by federal law**

Infant formula is the ONLY required food product that needs a food safety date by federal regulations.



SELL BY

USE BY

BEST BY

FREEZE BY

These common product labels refer to food quality and sale date, not safety.

Source: Foodsafety.gov

Proper storage of food items is necessary to ensure food safety and food quality. A product should still be safe and wholesome if handled properly until the time of spoilage. Keep food out of the danger zone of 41 F-135 F.

