



No Go Zone

When to Throw Away

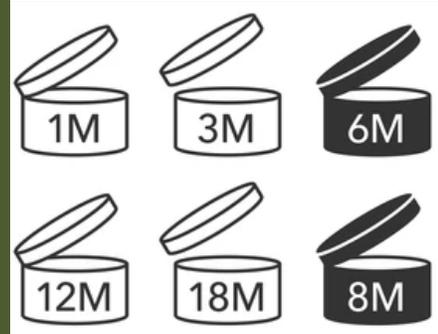
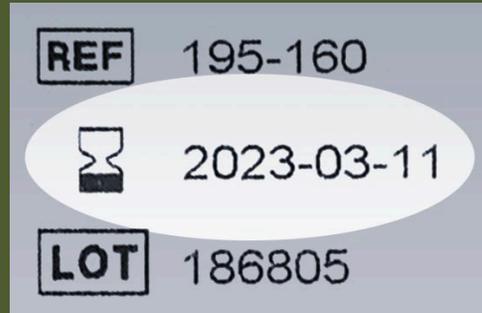


ITEM	# Days Past Expiration	Toss If...
Eggs	21	<ul style="list-style-type: none"> • Damaged or compromised packages • Off odor or discoloration • Mold
Dairy	3	<ul style="list-style-type: none"> • Damaged or compromised packages • Off odor or discoloration • Mold / Curdling
Produce	-	<ul style="list-style-type: none"> • Oozing or leaking packages • Spotting / Mold
Meat & Soy Products	3	<ul style="list-style-type: none"> • Defrosted • Sever freezer burnt • Off odor or discoloration • Bloated packages
Bakery	3	<ul style="list-style-type: none"> • Mold • Damaged or compromised packaging
Frozen	60	<ul style="list-style-type: none"> • Severely freezer burnt • Damaged or compromised packaging
Prepared/Retail	3	<ul style="list-style-type: none"> • Open, punctured, leaking or severely damaged packaging • Broken or chipped glass • Molding
Non-Perishable	2-3yr	<ul style="list-style-type: none"> • Open, punctured, bulging, leaking or severely damaged packaging • Broken or chipped glass

READING DATING CODES

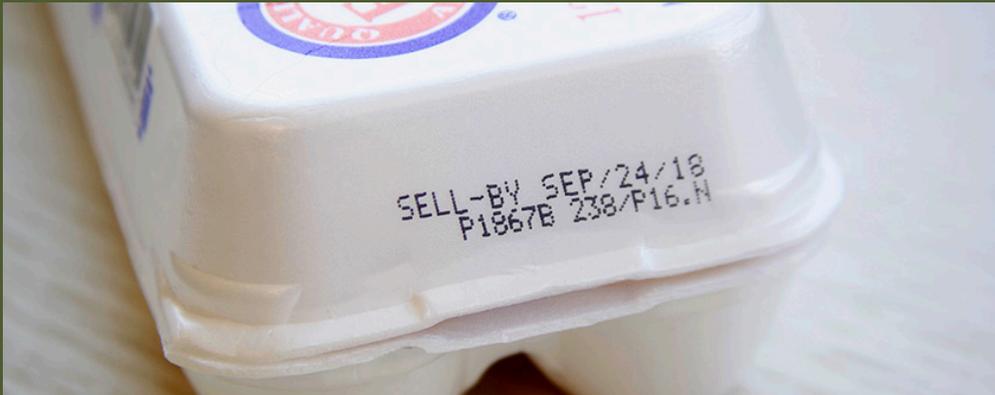
Expiration Date- (“Expires 1/1/11”, “Do not use after 1/1/11”)

- What it means: Do not distribute or consume infant formula, baby food, vitamins, or medicines after the expiration date! Yeast and baking powder work less effectively after expiration but are still safe to eat.



Sell By Date – (“Sell by 1/1/11”, also called “Pull Date”)

- What it means: This tells the store how long to display the product for sale. If the food has been handled properly, it may still be safe to eat past this date.



Best By Date, Use By or Quality Date – (“Best if used by 1/1/11” or “Use before 1/1/11”)

- What it means: This date is the manufacturer’s recommendation for how long the food will be at peak quality. After the quality date, the food is still safe to eat but slowly begins to lose nutrients and the quality begins to lessen.



Temperature-Controlled Foods Chart

Food	How Long to Keep in the Fridge(from date of purchase)	How Long to Keep in the Freezer(from date of purchase)
Ready-to-eat food/leftovers	3-4 days	3-4 months, don't store in the Styrofoam take-home containers
Dairy & Eggs		
Eggs	3-5 weeks from the date you purchased them (in the shell). The sell-by date will likely have passed within this time frame. If it smells bad raw or cooked, don't eat it. Hardboiled: 1 week. Cooked in a dish like a frittata or a quiche, toss after 3-4 days.	<i>(not recommended)</i>
Butter	1-2 months	6-9 months
Milk	Follow package "use-by" date	3 months
Cottage Cheese (and other soft cheeses)	2 weeks (1 week after opening)	<i>(not recommended)</i>
Parmesan (and other hard cheeses)	12 months	<i>(not recommended)</i>
Yogurt	1-2 weeks	1-2 months
Deli Meats	Up to 2 weeks if unopened, or within 3-5 days if opened. Deli meats without preservatives will only last 2-3 days from opening.	Up to two months
Chicken Breasts	2-3 days after "sell by" date; if thawed from the fridge, up to 2 days after thawed	Up to 9 months
Ground Meat	2 days after the "sell by" date	Up to 4 months
Fresh Fish	1-2 after "sell by" date	3-8 months
Fresh Shellfish	1-2 days after "sell by" date	3-12 months
Tofu	Once opened, 3-4 days. Use expiration on the package.	5 months

Shelf-Stable Foods Chart

Food	Unopened Shelf Stable (from date of purchase)	How Long to Keep Temp-Controlled (from date of purchase or after opening)
Condiments		
Mayonnaise	3-6 months	2 months in the fridge after opening
Salsa	1 year	1 month in the fridge after opening
Honey	2 years (kept in a storage place that undergoes changes in temperature, then the honey may only last two years). Otherwise, a sealed jar of honey can last for decades.	<i>(not recommended)</i>
Hot sauce	6 months	>6 months in the fridge
Jam/jelly	6-18 months	6-12 months in the fridge after opening (check for mold, refer to best by date)
Ketchup	1 year	6 months in the fridge after opening
Mustard	1-2 years	1 year in the fridge after opening
Pickles	1 year	3 months in the fridge after opening (if sealed tightly after opening and properly stored -until best by date, smell test)
Soy sauce	3 years	after opening, several months at room temperature or 6-8 months in the refrigerator (check smell and taste)
Pasta sauce	(package "use-by" date)	3-5 days in the fridge after opening
Grains		
Lentils (dry)	1 year	<i>(not recommended)</i>
Oats (dry)	4 months	8 months frozen
Quinoa (dry)	2-3 years	4 to 6 months in pantry or 8 -10 months in the freezer
Brown rice (dry)	1 year	6 months in the fridge after opening or in a cool pantry

Shelf-Stable Foods Chart

White rice (dry)	2 years (1 year after opening)	6 months in the fridge after opening in a cool pantry
Tortillas (corn)	25-45 days (store in fridge)	60-90 days in the fridge (check for mold)
Tortillas (flour)	3 months (store in fridge)	3 months in the fridge after opening; 6 months in the freezer (check for mold)
Nuts & Seeds		
Almond Butter	1 year	<i>(not necessary)</i>
Almonds	4 months	8 months in the fridge after purchase; 10 months in the freezer
Cashews	2-4 weeks	6 months in the fridge after purchase; 12 months in the freezer
Flaxseeds	2 years (whole)	12 months in the fridge or freezer (ground)
Peanuts	4 weeks	12 months in the fridge or 24 months frozen
Baking Ingredients		
Flour, white	6-12 months (6-8 months after opening)	1 year in the fridge after opening
Flour, whole wheat	3-6 months	6-8 months in the fridge after opening (better stored in the freezer)
Sugar, white	2 years	<i>(not necessary)</i>
Sugar, brown	2 years (unopened), 18-24 months after opening	<i>(not necessary)</i>
Sugar, confectioners	2 years (unopened), 18-24 months after opening	<i>(not necessary)</i>
Other		
Canned goods, high acid (e.g., fruit, tomato soup, etc.)	12-18 months (without opening)	5-7 days in the fridge after opening (transfer to a glass or plastic container)
Canned goods, low acid (e.g., meat, corn, beans, peas)	2-5 years (without opening) – store under 85°F	3-4 days in the fridge after opening (transfer to a glass or plastic container)