

WHEN DOES FOOD "REALLY" BECOME UNSAFE TO EAT?

Know the difference between "best by," "sell by," & "use by" dates.

★ **BEST BY** when it will have best tastes & quality

★ **SELL BY** when a store should stop selling it; there is still time to eat before peak quality begins to decline

★ **USE BY** when quality starts to decline

★ = food is safe to eat!

EXPIRED when an approved extension should be calculated (see table below)

PRODUCT	WHEN IT BECOMES UNSAFE How long food can be distributed past its "best by" or "sell by" date.
Baby Food	cannot be past date
Beans (dried)	2 years
Boxed Meals, Powdered Drinks, Sauce Mixes	2 years
Canned Products HIGH acid (pickles, tomatoes, foods in vinegar-based sauce)	1 year
Canned Products LOW acid (meat, fish, stews, soups, beans, carrots, corn, peas)	2-3 years
Cereal	1 year
Condiments (ketchup, mustard, salsa, salad dressing, jelly)	6-12 months
Dairy (fresh milk)	3-7 days
Dairy (hard cheese)	2-4 months
Dairy (yogurt)	7-14 days
Dairy (cottage cheese)	5-10 days
Eggs	14 days
Juices, shelf-stable	6 months
Meats - ALL (deli meat, prepared meat, & raw meat) (must be frozen by expiration)	4-12 months
Peanut Butter	6-9 months
Produce (cut, packaged)	3-5 days
Pasta & White Rice	2 years
Brown Rice	1 year
Soda	9 months
Sancks (dry) (crackers, chips, cookies, nuts)	6 months - 1 year
Water (tea & drink mixes)	2 years