

Understanding Sell Buy Dates: When Should I Eat this?

"USE BY", "SELL BY", or "BEST BUY" dates inform us how fresh a product is, but these code dates do not indicate when food is unsafe to eat.

Refer to these guidelines to see when to eat these **UNOPENED PRODUCTS**.

*Does not apply to baby formula or baby food.

Refrigerated Food Extensions

Juice, Dairy, & Non-Dairy Milk

Product - Storage Life Past Code Date



Odwalla & Naked Juice

14 days

Citrus Juice

7 days

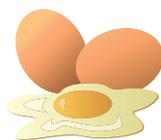


Butter

1-3 months

Margarine

6 months



Eggs

5 weeks



Sour Cream

21 days

Sour Cream Based Dips

14 days



Yogurt

10 days



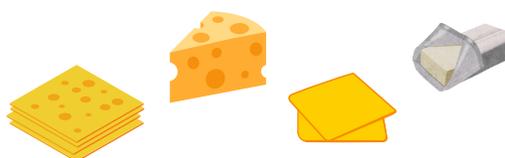
Dairy Milk

7 days



Almond Milk, Rice Milk, & Coconut Milk

7-10 days



Cheese

Hard Cheese: 6 months, **Shredded Cheese:** 2 weeks,
Cottage Cheese: 21 days, **Cream Cheese:** 3-4 weeks

Deli, Dough, & Soy Products



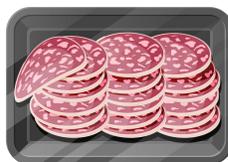
Cut Fruit

Consume by date listed



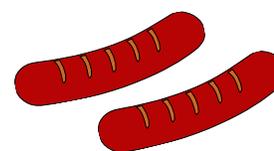
Pesto & Salsa

Consume by date listed



Sliced Lunch Meats

5 days or 2 months if frozen



Hot Dogs

5 days or 2 months if frozen



Cookie Dough, Pie Crust & Tube Cans (biscuits, rolls, pizza dough)

Consume by date listed



Fresh Pasta

2 days

Refrigerated Food Extensions

Soy Products

Product - Storage Life Past Code Date



Soy Milk
7 days



Soy-Based Dips
7 days



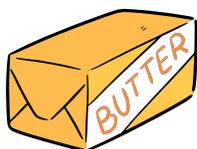
Tofu
21 days

Freezer storage guidelines are for quality only. Per USDA, Frozen food stored at 0 degrees Fahrenheit in secure packaging remain safe indefinitely.

Frozen Food Extensions

Dairy & Bread Products

Product - Storage Life Past Code Date



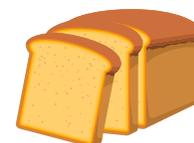
Frozen Butter
6-9 months



Frozen Cheese
6 months



Frozen Milk
1 month



Frozen Bread
2-3 months

Fresh Fruits, Vegetables, Meat, & Deli Products



Frozen Fruits
5 - 6 months



Frozen Bell Peppers
3 - 4 months



Frozen Tomatoes
3 - 4 months



Other Vegetables
8 - 9 months



Cabbage and Lettuce
Do not freeze!



Chicken Parts
9 months after expiration date



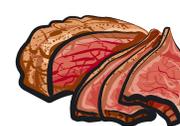
Whole Turkey or Chicken
1 year after expiration date



Chops
4- 6 month after expiration date



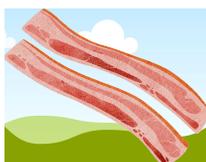
Ground Meat
3- 4 month after expiration date



Roast
4- 12 month after expiration date



Steaks
6 - 9 months after expiration date



Bacon
1 - 2 months after expiration date



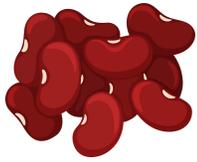
Fully Cooked Ham
1 - 2 months after expiration date



Sausage Links & Patties
1 - 2 months after expiration date

Shelf-Stable Food Extensions

Product - Storage Life Past Code Date



Dried Beans
12 months



High Acid Canned Goods
(tomatoes, pickles, pineapple, etc.)
18 months



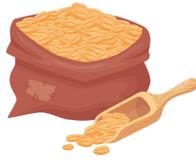
Low Acid Canned Goods
(meats, beans, corn, soup, etc.)
5 years



Dried Pasta
2 years



White Flour
12 months



Wheat Flour
1 month



Brown Rice
12 months



White Rice
2 years



White, Granulated Sugar, Brown & Raw Sugar
2 years



Ground Coffee
2 years



Instant Coffee
12 months



Cereal
12 months

Shelf-Stable Beverage Extensions



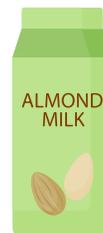
Bottled Water
12 months



Juice Box
6 months



Shelf Stable Milk
Consume by date shown



Shelf Stable Alternative Milks
Soy Milk, Rice Milk, Almond Milk, Coconut Milk, Hemp Milk
1 month

Shelf-Stable Food Extensions - Condiments & Snacks

Product - Storage Life Past Code Date



Chocolate Syrup
2 years



Condiments & Salad Dressing
BBQ Sauce, Jam & Jelly, Ketchup, Mayonnaise, etc.
12 months



Beef Jerky
12 months



Slim Jims
18 months



Microwavable Popcorn
18 months



Popcorn, Dry Kernels
2 years



Peanut Butter
9 months



Packaged Cookies
2 months



Packaged Crackers
8 months



Granola Bars
12 months



Dried Fruit
6 months



Vanilla Extract & Honey
Good indefinitely when stored in a cool, dry place



Vegetable Oil & Vinegar
2 years

Spices

Spices are shelf-stable and never truly expire. However, spices can lose potency and flavor over time. In order to maintain the flavor of spices, make sure they are...

1. stored in a cool dark space.
2. stored in airtight containers to protect from moisture.



Ground Spices
Retain their potency for 2-3 years



Whole Spices
Retain their potency for 2-5 years