This poster outlines the amount of time past the date on the package that food should be safe and wholesome to consume as considered by Food Lifeline’s Food Safety Committee. These recommendations assume that all product has been handled properly. Please use your best judgment, and when in doubt, throw it out.

### Product: Bakery Items
- Fresh or Refrigerated: On or before
- Frozen: Use best judgment
- Tortillas: 2 weeks

### Product: Beverages
- Fresh (Refrigerated): 21 days
- Shelf-Stable, Plastic Bottle: Indefinitely
- Stimulant Drinks, Shelf-Stable: 9 months

### Product: Dairy & Alternative Dairy (Refrigerated)
- Butter and Hard Cheese: 3 months
- Eggs, in Shell: 1 month
- Eggs, Hard Cooked: On or before
- Eggs, Pasteurized or Egg Substitute: 10 days
- Ice Cream: Indefinitely
- Liquid Dairy (Milk, Half & Half, Whipping Cream): 10 days
- Soft Cheese, Yogurt, Sour Cream, Cottage Cheese: 14 days
- Non-Dairy Liquid (Rice Milk, Soy Milk): 10 days
- Non-Dairy Solid (Soy Cheese, Soy Yogurt): 14 days
- Non-Dairy Spread (Margarine): 6 months
- Shelf-Stable Milks (Dairy & Non-Dairy): 1 year

### Product: Dry & Canned Goods
- Acidic Canned & Jarred Foods (Tomatoes, etc.): 12-18 months
- Baby Food: On or before
- Canned Foods: Indefinitely
- Cereal, Crackers, and Prepackaged Foods: 2 years
- Dressing, Mayonnaise: 1 year
- Dried Goods (Beans, Pasta, Rice, etc.): Indefinitely
- Jarred Foods, Shelf-Stable: Indefinitely
- Pouched Foods: 1 year

### Product: Fresh Produce
- Bulk or Packaged Produce: Use best judgment
- Melons, Cut: On or before

### Product: Meat & Alternative Meat
- Meat, Poultry, Seafood (Refrigerated): On or before
- Meat, Poultry, Seafood (Frozen): Use best judgment
- Meat Substitutes (Tofu, etc.) (Refrigerated): 5 days
- Meat Substitutes (Tofu, etc.) (Frozen): 1 year

### Product: Prepared Foods
- Deli-prepared, packaged by store: 2 days
- Pre-packaged prepared, packaged by manufacturer: 14 days (refrigerated)
- Pre-packaged prepared with dairy, packaged by manufacturer: 1 year (frozen)
- Pre-packaged prepared with dairy, packaged by manufacturer: 7 days

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