DAIRY
Milk, yogurt, sour cream, cottage cheese, cheese, eggs, rice & soy milk, margarine

Safe to eat:

Butter and Hard Cheese:
- Refrigerated: consume within 3 months past DOP
- Frozen: consume as soon as possible after defrosting

Eggs:
- In Shell: consume within 1 month past DOP
- Hard Cooked: consume on or before DOP

Pasteurized or Egg Substitute:
- Refrigerated: consume within 10 days past DOP
- Frozen: consume as soon as possible after defrosting

Ice Cream:
- Refrigerated: consume within 1 year past DOP
- Frozen: indefinitely

Non-dairy, Refrigerated:
- Liquid products (rice milk, soy milk): consume within 10 days past DOP
- Refrigerated non-dairy spreads (margarine):
  - Refrigerated: consume within 6 months past DOP
  - If frozen on or before DOP, consume within 1 year past DOP

Shelf-Stable Milk:
- Consume within 1 year past DOP

How to store:
- Refrigerate at 41° F or below
- Freeze at 0° F or below on or before DOP

MEAT & ALTERNATIVE MEAT
Meat, poultry, seafood, non-meat protein (tofu, etc.) (packaged & processed)

Safe to eat:

Meat, Poultry, Seafood:
- Refrigerated: consume on or before DOP
- Frozen on or before DOP: use best judgment
- Cook and consume meat as soon as possible after
  - Frozen on or before DOP: use best judgment
  - Refrigerated: consume on or before DOP

Meat Substitutes: (tofu, tempeh, seitan, etc.)
- Refrigerated: consume on or before 5 days past DOP
- Frozen: consume within 1 year past DOP if frozen within 5 days past DOP

HOW TO STORE:
- Refrigerated at 41° F or below
- Consume within 9 months past DOP
- Shelf-Stable, Pasteurized:
  - Consume within 12 to 18 months past DOP
  - Exception: baby food needs to be consumed on or before DOP

Fresh Beverages (Refrigerated):
- Consume within 7 years past DOP
- Dried Beans/Pasta/Rice:
  - Consume within 2 years past DOP
- Cereal, Crackers, and Prepackaged (non-perishable) Foods:
  - Consume within 2 years past DOP

Dressing/Mayonnaise:
- Consume within 1 year past DOP

Potato Puffs (Refrigerated):
- Consume within 7 years past DOP
- Bread/Pasta/Rice:
  - Consume within 2 years past DOP

Canned Foods:
- May be consumed indefinitely
- Exception: highly acidic foods (tomatoes, pineapple) should be consumed within 12 to 18 months past DOP

Cereal, Crackers, and Prepackaged (non-perishable) Foods:
- May be consumed indefinitely

Pouched Foods:
- May be consumed indefinitely

BEVERAGES
Fresh and shelf-stable non-dairy:

Fresh Beverages (Refrigerated):
- Pasteurized
- Consume within 21 days past DOP

Shelf-Stable, Plastic Bottles:
- Safe to consume indefinitely

Stimulant Drinks, Shelf-Stable:
- Consume within 9 months past DOP

DO NOT EAT

Fresh or Severe Freezer Burn

DO NOT EAT

Meat with severe freezer burn

DO NOT EAT

Frozen or Discolored Meat

HOW TO STORE:
- Refrigerated at 41° F or below
- Consume within 9 months past DOP
- Shelf-Stable, Pasteurized:
  - Consume within 12 to 18 months past DOP

Soft Drinks, Yogurt, Sour Cream and Cottage Cheese:
- Consume within 10 days past DOP

Non-dairy, Refrigerated:
- Liquid products (rice milk, soy milk): consume within 10 days past DOP
- Refrigerated non-dairy spreads (margarine):
  - Refrigerated: consume within 6 months past DOP
  - If frozen on or before DOP, consume within 1 year past DOP

Shelf-Stable Milk:
- Consume within 1 year past DOP

How to store:
- Refrigerate at 41° F or below

DRY & CANNED FOODS
Dressing/mayonnaise, dried beans/pasta, cereal/crackers, prepackaged foods (non-perishable), meat/poultry/seafood, non-meat protein (tofu, etc.), packaged, shelf-stable, dried beans/pasta, dried mushrooms, bread products.

Safe to eat:

Meat, Poultry, Seafood:
- Consume within 1 month past DOP

HOW TO STORE:
- Refrigerated at 41° F or below
- Consume within 9 months past DOP
- Shelf-Stable, Pasteurized:
  - Consume within 12 to 18 months past DOP

Soft Drinks, Yogurt, Sour Cream and Cottage Cheese:
- Consume within 10 days past DOP

Non-dairy, Refrigerated:
- Liquid products (rice milk, soy milk): consume within 10 days past DOP
- Refrigerated non-dairy spreads (margarine):
  - Refrigerated: consume within 6 months past DOP
  - If frozen on or before DOP, consume within 1 year past DOP

Shelf-Stable Milk:
- Consume within 1 year past DOP

How to store:
- Refrigerate at 41° F or below

WHEN IN DOUBT - THROW IT OUT

View Online: http://bit.ly/1XpCSdE

DOP = Date on Package (sell-by, use-by, etc.)
**DO NOT EAT**
- Food that is stale or with insects or mold
- Food in damaged or compromised packaging
- Food not packaged in food-grade packaging
- Food in open, punctured, bulging or seriously damaged cans including those that are leaking, have side seam dents, and/or are rusted
- Home-jarred food products
- Food in broken/chipped glass containers
- Food in a jar that is leaking, open, or with broken seal ("button" indicator is popped up, etc.)
- Food that is discolored or has an off-odor
- Product that has been thawed and re-frozen
- Label must list: what the product is if multi-ingredient, ingredients, weight and distributor

**WHEN IN DOUBT - THROW IT OUT**

**FRESH PRODUCE**
Whole, cut or packaged

**Safe to eat:**
- Edible, washed, and non-moldy produce
- Packaged produce, refrigerated
- Cut melons: consume on or before DOP
- **Caution:** melons, sprouts and mushrooms are potentially hazardous

**How to store:**
- If packaged or cut - refrigerate at 41°F or below

**PREPARED FOODS**
Prepared by store or manufacturer

**Safe to eat:**
- Deli-prepared, packaged by the store: (pasta, salad, rice, sandwiches, soup, refrigerated dressings)
  - Consume within 2 days past DOP
- Pre-packaged prepared foods, packaged by the manufacturer: (entrees, starches, sides, refrigerated dressings)
  - Refrigerated: consume within 14 days past DOP
  - Frozen: consume within 1 year past DOP
- Items containing dairy: consume within 7 days past DOP

**How to store:**
- Refrigerate at 41°F or below

**BAKERY ITEMS & BREAD**
Breads, pastries, tortillas, cream pies

**Safe to eat:**
- Refrigerated or room-temperature: consume on or before DOP
- Tortillas: consume within 2 weeks past DOP
- Frozen, indefinitely

**How to store:**
- Cool, dry area or freezer
- Cream pies must be kept refrigerated or frozen
- Keep frozen bakery items frozen until consumed

**DOP = Date on Package (sell-by, use-by, etc.)**

This brochure outlines the amount of time past the DOP that food should be safe and wholesome to eat as considered by Food Lifeline's Food Safety Committee. This brochure does not include all donated food you may receive.

These recommendations assume that all product has been handled properly. Please use your best judgment, and when in doubt - throw it out.