

# RECOMMENDED CONSUMPTION GUIDELINES

CATEGORY	PRODUCT	CONSUME BY*
 <b>BAKERY ITEMS</b>	General Bakery: sliced bread, cookies, buns, tortillas	Check quality
	Cream filled or with cream cheese	4 Days
	Doughnuts/Pastries with filling	4 Days
 <b>DAIRY &amp; ALTERNATIVE DAIRY</b>	Milk & Nondairy Refrigerated Liquids	10 Days
	Yogurt & Soft Cheeses	14 Days
	Hard Cheeses	6 months
	Butter	2 months
	Eggs in shell	In shell, liquid: 1 month
	Hard Cooked Eggs	Hard Cooked: 1 Day
	Eggs: Liquid	4 Days
	Egg Alternatives	7 Days
 <b>FRESH PRODUCE</b>	Whole Fruits	Visual check
	Whole Vegetables	Visual check
	Cut Fruits/Vegetables	Visual check
	Cut Melons	On or before expiration
 <b>MEAT &amp; ALTERNATIVE MEAT</b>	Raw Meat, including Seafood/Shellfish	On or before expiration
	Fully Cooked Meat, including Seafood/Shellfish	2 Days
	Deli Meat	4 Days
	Tofu/Meat Substitutes	7 Days
 <b>PREPARED FOODS</b>	Prepared Dishes w/ Raw Meat	On or Before expiration
	Prepared Dishes w/ fully Cooked Meat	2 Days
	Prepared Dishes w/o meat	5 Days
	Salad kits	5 Days
	Salsa/Dips/Sauces	7 Days
	Hummus	3 Months
	Pesto/Dressings	6 Months



**WHEN IN DOUBT - THROW IT OUT**

\*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.**