

## 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 date on package (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:

- Frozen, indefinitely

#### Liquid and Solid Dairy:

- Half & half, milk, egg nog, whipping cream: consume within 10 days past DOP
- Soft cheese, yogurt, sour cream and cottage cheese: consume within 14 days past DOP. Frozen, consume within 3 months

#### 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

#### How to store:

- Consume within 1 year past DOP
- Refrigerate at 41° F or below

#### Shelf-Stable Milk:

WHEN IN DOUBT - THROW IT OUT



## 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 defrosting

#### 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:

- Refrigerate at 41° F or below up to DOP
- Freeze at 0° F or below on or before DOP
- Meat with severe freezer burn
- Discolored meat

### DO NOT EAT

## BEVERAGES

Fresh and shelf-stable non-dairy

### Safe to eat:

#### 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
- Refrigerate at 41° F or below

#### How to store:

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



## DRY & CANNED FOODS

Dressing/mayonnaise, dried beans/pasta, cereal/crackers, prepackaged foods (non-perishable), shelf-stable, jarred foods, etc.

### Safe to eat:

#### Canned Foods:

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

- Exception: baby food needs to be consumed on or before DOP

#### Cereal, Crackers, and Prepackaged (non-perishable) Foods:

- Consume within 2 years past DOP
- Exception: baby food needs to be consumed on or before DOP

#### Dressing/Mayonnaise:

- Consume within 1 year past DOP

#### Dried Beans/Pasta/Rice:

- May be consumed indefinitely

#### Jarred Foods, Shelf-Stable:

- Consume within 2 years past DOP
- Exception: highly acidic items (tomatoes, pineapple) should be consumed within 12 to 18 months past DOP
- Exception: baby food should be consumed on or before DOP

#### Pouched Foods:

- May be consumed within 1 year past DOP

#### How to store:

- Store in a well-ventilated and climate controlled area

View Online: <https://bit.ly/1XPCsDE>

WHEN IN DOUBT - THROW IT OUT



## 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



## 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

## WHEN IN DOUBT - THROW IT OUT

### 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

### 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.



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# RECOMMENDED CONSUMPTION GUIDELINES