

# Is My Food Okay to Eat?

Did you know that most foods are safe to eat past the date labels listed?

Foods have a shelf life, but the dates on packages (best by, use by, sell by, expiration) are considered guidelines for quality and freshness. Use the approximations below to estimate how long you may be able to safely eat certain foods past their date labels.\*

## Perishable Foods



**Eggs**  
3-5 weeks  
(Do not freeze)



**Milk & Milk Alternatives**  
7 days



**Hard Cheeses**  
6 months unopened/frozen  
3-4 weeks open



**Yogurt**  
7-14 days refrigerated  
1-2 months frozen



**Butter**  
1-3 months refrigerated  
6-9 months frozen



**Sour Cream**  
2 weeks  
(Doesn't freeze well)



**Juice**  
7-10 days open  
8-12 months frozen

## Dry and Canned Foods



**Bread**  
7 days  
6 months frozen



**Tortillas**  
3-4 weeks



**Rice**  
2 years unopened  
1 year opened



**Dried Pasta**  
2 years unopened  
1 year opened



**Lentils/Beans**  
12 months



**Cereal/Oatmeal**  
6-12 months unopened  
3 months opened



**High-acid Canned Food**  
12-18 months



**Low-acid Canned Food**  
2-3 years



**Oil**  
1 year

## Frozen Meats



**Chicken Parts**  
9 months



**Ground Meat**  
3-4 months



**Lunch/Deli Meat**  
2 months



**Whole Chicken or Turkey**  
12 months

! \*All infant formula, baby food and nutritional supplements are not safe to eat past their expiration date. Always use your own best judgment to determine the safety of consuming any foods. **When in doubt, throw it out.** Learn more at [foodbankccs.org/nutrition](http://foodbankccs.org/nutrition).

