

FOOD DATING GUIDE

Pantry Items

Applesauce	12-18 months
Boxed Dinners	3 years
Broths	3-5 years
Cereal	1 year
Chips	2 years
Crackers	6-9 months
Dried Fruits	6-12 months
Granola Bars	6-9 months
Jelly	2 years
Mac n Cheese	2 years
Oatmeal	18-24 months
Pancake Mix	1 year
Pasta (dry)	2-3 years
Peanuts	2 years
Peanut Butter	2 years
Rice	2 years
Salsa	12-18 months
Spices	3 years
Salad Dressing	12-18 months

***Infant food and formula
MUST not be used after their
expiration date.**

***These dates are all based on unopened items**

**For any specific items not listed, download the
USDA FoodKeeper App pictured to the right.**



Food Dating Vocabulary

Best-by: when it should be consumed for best flavor.

Used-By: last recommended date for peak quality.

Sell-By: when products should be pulled from store shelves.

Packing/Manufactured: used for recall purposes.

Canned Goods

Beets	12-18 months
Canned Beans	3-5 years
Canned Fruit	12-18 months
Canned Meat	3 years
Canned tomatoes	18-24 months
Canned vegetables	3-5 years
Gravy	3-5 years
Jarred Pickles	2 years
Canned Meals	18-24 months
Soups	3-5 years

Condiments

Honey	2 years
Horseradish	1 year
Ketchup	1 year
Maple Syrup	2-4 years
Mayonnaise	3-6 months
Mustard	1 year
Soy Sauce	3 years

Bakery Items

Bread	5-7 days
Cookies	2-3 weeks
Pastries	3-4 days
Pies	2-4 days

Make sure to trust your gut. When in doubt, throw it out.

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Meats (refrigerated)

Bacon	1 week
Chicken	1-2 days
Fish	1 week
Ground Beef	1-2 days
Hot Dogs	1-2 weeks
Lunch Meats	2 weeks
Pork Cops	3-5 days
Sausage	2 weeks

If you are not using raw meat within a few days, it is recommended to freeze it.

Produce

Apples	1-2 months
Avocados	3-5 days
Blueberries	1-2 weeks
Grapes	1-2 weeks
Melons	1-2 weeks
Potatoes	1-2 weeks
Salad Greens	7-10 days
Strawberries	2-3 days
Tomatoes	1-5 days

Dairy

Butter	1-2 months
Cheese	1-2 months
Cottage Cheese	1-2 weeks
Creamers	1 week
Eggs	4-5 weeks
Milk	NO EXTENSION
Sour Cream	10-14 days
Yogurt	1-2 weeks

Frozen Items

Frozen items are safe to eat indefinitely. They simply have expiration dates for best quality.

Beverages

Carbonated Drinks	1 year
Coconut Milk	2-5 years
Coffee	2 years
Energy Drinks	6-9 months
Juice	2 years
Iced Bottled Tea	18-24 months
Nutritional Drinks	6 months

Soda/Pop	6-9 months
Sports Drinks	12-18 months

Refrigerated

Juice	1 Week
Lemonade	1 Week
Soy/Nut Milks	3-4 Weeks

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