FOOD LIFELINE
HUNGER DOESN'T HAVE TO HAPPEN

RECOMMENDED CONSUMPTION GUIDELINES

	PRODUCT	CONSUME BY*
BAKERY ITEMS	Fresh or Refrigerated	On or before
	Frozen	Use best judgment
	Tortillas	2 weeks
BEVERAGES	Fresh (Refrigerated)	21 days
	Shelf-Stable, Plastic Bottle	Indefinitely
	Stimulant Drinks, Shelf-Stable	9 months
DAIRY & ALTERNATIVE DAIRY (REFRIGERATED)	Butter and Hard Cheese	3 months
	Eggs, in Shell	1 month
	Eggs, Hard Cooked	On or before
	Eggs, Pasteurized or Egg Substitute	10 days
	Ice Cream	Indefinitely
	Liquid Dairy (Milk, Half & Half, Whipping Cream)	10 days
	Soft Cheese, Yogurt, Sour Cream, Cottage Cheese	14 days
	Non-Dairy Liquid (Rice Milk, Soy Milk)	10 days
	Non-Dairy Solid (Soy Cheese, Soy Yogurt)	14 days
	Non-Dairy Spread (Margarine)	6 months
	Shelf-Stable Milks (Dairy & Non-Dairy)	1 year
DRY & CANNED GOODS	Acidic Canned & Jarred Foods (Tomatoes, etc.)	12-18 months
	Baby Food	On or before
	Canned Foods	Indefinitely
	Cereal, Crackers, and Prepackaged Foods	2 years
	Dressing, Mayonnaise	1 year
	Dried Goods (Beans, Pasta, Rice, etc.)	Indefinitely
	Jarred Foods, Shelf-Stable	Indefinitely
	Pouched Foods	1 year
FRESH PRODUCE	Bulk or Packaged Produce	Use best judgment
	Melons, Cut	On or before
MEAT & ALTERNATIVE MEAT	Meat, Poultry, Seafood (Refrigerated)	On or before
	Meat, Poultry, Seafood (Frozen)	Use best judgment
	Meat Substitutes (Tofu, etc.) (Refrigerated)	5 days
	Meat Substitutes (Tofu, etc.) (Frozen)	1 year
PREPARED FOODS	Deli-prepared, packaged by store	2 days
	Pre-packaged prepared, packaged by manufacturer	14 days (refrigerated) 1 year (frozen)
	Pre-packaged prepared with dairy, packaged by manufacturer	7 days

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.*

FoodLifeline.org | info@foodlifeline.org | 206-545-6600 | 815 South 96th Street, Seattle, WA 98108

MEMBER OF FEEDING AMERICA