



# DATES CAN LEAD TO WASTE



Type of Food	General Storage Guidelines
<b>Shelf-stable or non-perishable: cans, bottles, jars, boxed foods, etc.</b>	Store between 50-70 F, many foods are good for several months or more past the container date.
<b>Refrigerated: dairy, eggs, bakery, produce, etc.</b>	Store at or below 40 F, freeze most meats and breads on or before the "use by" date or within 2-5 days of the "sell by" date for longer storage.
<b>Frozen: meat, fish, frozen meals or vegetables, etc.</b>	Store at or below 0 F, fresh foods that are properly packaged and frozen are safe <b>indefinitely</b> but may have flavor and/or quality changes over time.

\*Source: [www.foodsafety.gov](http://www.foodsafety.gov)

# WASTE

**Annually, the United States wastes 108 billion pounds of food**

**Feeding America, Kentucky's Heartland saved more than 2 million pounds of food from ending up in landfills across the Heartland in FY' 21.**

\*Source: Feeding America National Organization; [www.feedingamerica.org](http://www.feedingamerica.org)

# Common foods and how long they can safely be consumed (if unopened)

Shelf-Stable Foods	Safe for up to:
Beans/lentils, dried	1 year
Biscuit or pancake mix	9 months
Brownie or cake mix	12-18 months
Canned foods, high-acid (e.g. tomatoes, fruit, pickles)	12-18 months
Canned foods, low-acid (e.g. meat, soup, veggies)	2- 5 years
Cereal and oatmeal	6-12 months
Cookies, crispy	4-6 months
Cookies, soft	2-3 months
Crackers, pretzels	4-9 months
Dried fruit	6 months
Gravy (jars, cans, packets)	2-5 years
Flour, white	6-12 months
Flour, whole wheat	3-6 months
Honey	2 years
Icing/frosting	10-12 months
Jams, jellies, preserves	6-18 months
Jerky	1 year
Juice	12-18 months
Ketchup, BBQ sauce	1 year
Macaroni & cheese, dry mix	2 years
Mayonnaise	3-6 months
Milk, powdered	3-5 years
Non-dairy milk (almond, soy, shelf stable)	3-4 weeks
Nuts, unshelled, bagged/bulk	2-4 weeks
Nuts, jarred/canned/bottled	1 year
Oils, olive or vegetable	6-12 months
Onions, fresh	1 month
Pasta, dry	2 years
Peanut butter	1-2 years
Popcorn, microwave	6-12 months
Popcorn, popped in bags	2-3 months
Potatoes, fresh	1-2 months
Potatoes, instant	10-15 months
Pudding mix	1 year
Rice, brown	1 year
Rice, white or wild	2 years
Salad dressing	10-12 months
Sauce, spaghetti and salsa	12-18 months
Spices, dried	2-3 years
Sweet potatoes	2-3 weeks
Syrup, pancake	1-2 years
Tea bags	2-3 years
Vinegar	2-5 years

Refrigerated Foods	Safe for up to:
Apples, fresh	4-6 weeks
Breads	2-3 weeks
Butter	1-2 months
Cakes, pastries, desserts	7 days
Carrots, fresh	2-3 weeks
Cheese, hard or string	5-6 months
Cheese, soft or cream	1-2 weeks
Cheese, Parmesan, shredded	1 year
Cheese, shredded	1 month
Coffee creamer, liquid	3 weeks
Cottage cheese	2 weeks
Deli/luncheon meat	2 weeks
Eggs, in shell	3-5 weeks
Milk, fresh	5-7 days
Non-dairy milk (almond, soy)	5-7 days
Pre-cut fruits or vegetables	2-5 days
Prepared pasta/potato salad	3-5 days
Tortillas	3 months
Whipped cream	3-4 weeks
Winter squash	1-3 months
Yogurt	1-2 weeks

Frozen Foods	Best quality for up to:
Bacon, hot dogs, sausage	1-2 months
Cakes, desserts	3-6 months
Cheese, shredded	3-4 months
Chicken tenders, nuggets	6-9 months
Cookie dough	2 months
Deli/luncheon meat	1-2 months
Egg substitute, frozen	1 year
Entrees, meals, pizza	6-12 months
Fish, lean, raw	6-8 months
Fish, fatty, raw	2-3 months
Fruits, frozen	10-18 months
Ice cream	3-6 months
Juice concentrate	1-2 years
Meat, ground	3-4 months
Meat, whole cuts	4-12 months
Pancakes, waffles	2-3 months
Vegetables, frozen	10-18 months
Whipped topping tub	14 months