|  |  |  |
| --- | --- | --- |
| **Refrigerated Foods – Shelf Life After Coded Date** | | |
| **PRODUCT** | **REFRIGERATED** | **FROZEN** |
| BEVERAGES, FRUIT |  |  |
| Juice in cartons, fruit drinks, punch | 3 weeks, unopened;  7-10 days open | 8-12 months |
| DAIRY PRODUCTS |  |  |
| Butter | 1-3 months | 6-9 months |
| Buttermilk | 1-2 weeks | 3 months |
| Cheese, hard (such as cheddar,  swiss, block parmesan) Parmesan, shredded  Shredded cheddar, mozzarella, etc. | 6 months unopened;  3-4 weeks opened | 6 months |
| 1 month opened | 3-4 months |
| 1 month | 3-4 months |
| Cheese, processed slices | 1-2 months | Doesn't freeze well |
| Cheese, soft (such as Brie, Bel Paese) | 1 week | 6 months |
| Cottage cheese, ricotta | 1 week | Doesn't freeze well |
| Cream cheese | 2 weeks | Doesn't freeze well |
| Cream, whipping, ultrapasteurized  Whipped, sweetened  Aerosol can, real whipped cream Aerosol can, nondairy topping | 1 month | Do not freeze |
| 1 day | 1-2 months |
| 3-4 weeks | Do not freeze |
| 3 months | Do not freeze |
| Cream, half-and-half | 3-4 days | 4 months |
| Dips, sour cream based | 2 weeks | Do not freeze |
| Egg substitutes, liquid unopened  opened | 10 days | Do not freeze |
| 3 days |
| Eggnog, commercial | 3-5 days | 6 months |
| Eggs, in shell  raw whites, yolks\* hard cooked | 3-5 weeks | Do not freeze |
| 2-4 days | 12 months |
| 1 week | Doesn't freeze well |
| Kefir (fermented milk) | 1 week after date; opened 1-2 days | Do not freeze |
| Margarine | 6 months | 12 months |
| Milk, plain or flavored | 1 week | 3 months |
| Pudding | Package date;  2 days after opening | Do not freeze |
| Sour cream | 7-21 days | Doesn't freeze well |
| Yogurt | 7-14 days | 1-2 months |
| DOUGH |  |  |
| Tube cans of biscuits, rolls, pizza dough, etc. | Use-by date | Do not freeze |
| Ready-to-bake pie crust | Use-by date | 2 months |
| Cookie dough | Use by date,  unopened or opened | 2 months |
| PASTA, fresh | 1-2 days or use-by date on package | 2 months |
| PESTO or SALSA | Date on carton;  3 days after opening | 1-2 months |
| SOY PRODUCTS |  |  |
| Soy or rice beverage, refrigerated | 7-10 days | Do not freeze |
| Tofu | 1 week or  package date | 5 months |
| Miso | 3 months | Do not freeze |



### FOOD Share – Shelf Life Guide

#### FOOD Share, Ventura County’s Food Bank, often receives donations of food items after the date on the package has expired. In most cases, this food is still safe to eat! Food manufacturers use different date codes to ensure that consumers receive their product at peak quality. Once a product is past code date, many manufacturers donate it to food banks. Some foods deteriorate quickly, while the quality of other items may last longer than expected. This is why the storage times listed in the accompanying charts are intended as useful guidelines, not hard and fast rules.

**Coded Dates**

Coded dates (packing numbers) may appear on shelf-stable products such as cans and boxes of food. This enables manufacturers to rotate their stock, as well as locate their products in the event of a recall.

Calendar code dates help stores determine how long to display the product for sale and relate to the peak quality of food, not safety. Calendar code dates are found primarily on perishable foods, such as dairy, products, eggs, meat and poultry.

**Four ways products are dated:**

**•“Sell-by” date** – tells the store how long to display the product for sale.

**•“Best if Used By (or Before)”** – recommended for best flavor or quality. It **is not** a purchase or safety date.

**•“Use By”** – the last date recommended for use of the product while at peak quality. The manufacturer of the product has determined the date.

**•“Exp. (or Expires)”** – this is a true expiration date. The food is not safe to eat and must be thrown away.

*\*When freezing egg yolks, beat in either 1/8 teaspoon salt or 1 1/2 teaspoons sugar or corn syrup per 1/4 cup egg yolks (4 yolks).*

|  |  |  |
| --- | --- | --- |
| **Refrigerated Foods – Shelf Life After Coded Date** | | |
| **MEAT, POULTRY & FISH** | **REFRIGERATED** | **FROZEN** |
| FISH |  |  |
| Lean fish (cod, flounder, haddock, halibut, sole, etc.) | 1-2 days | 6-8 months |
| Lean fish (pollock, ocean perch, rockfish, sea trout) | 1-2 days | 4 months |
| Fatty fish (bluefish, mackerel, mullet, salmon, tuna, etc.) | 1-2 days | 2-3 months |
| Caviar, fresh, in jar | 1-4 weeks; 2 days open | Doesn't freeze well |
| Cooked fish, all | 3-4 days | 1-2 months |
| Surimi seafood | 3-4 days or package date | 9 months |
| SHELLFISH |  |  |
| Shrimp, scallops, crayfish, squid | 1-2 days | 3-6 months |
| Shucked clams, mussels and oysters | 1-2 days | 3-4 months |
| Crab meat, fresh  Crab meat, pasteurized  Crab legs, king, dungeness, snow | 1-2 days | 4 months |
| 6 months unopened;  3-5 days, opened | 4 months |
| 5 days | 9-12 months |
| Live clams, mussels, crab and oysters | 1-2 days | 2-3 months |
| Live lobsters Lobster tails | 1-2 days | 2-3 months |
| 1-2 days | 6 months |
| Cooked shellfish, all | 3-4 days | 3 months |
| SMOKED FISH |  |  |
| Herring | 3-4 days | 2 months |
| Salmon, whitefish, cold-smoked Salmon, whitefish, hot smoked | 5-8 days | 2 months |
| 14 days or date on vacuum pkg | 6 months in vacuum pkg |
| MEAT, FRESH |  |  |
| Beef, lamb, pork or veal chops, steaks, roasts | 3-5 days | 4-12 months |
| Ground meat | 1-2 days | 3-4 months |
| Variety meats (liver, tongue, chitterlings, etc.) | 1-2 days | 3-4 months |
| Cooked meats (after home cooking) | 3-4 days | 2-3 months |
| MEAT, SMOKED OR PROCESSED |  |  |
| Bacon | 1 week | 1 month |
| Corned beef, in pouch with pickling juices | 5-7 days | 1 month |
| Ham, canned ("keep refrigerated" label) Ham, fully cooked, whole  Ham, fully cooked, slices or half Ham, cook before eating | 6-9 months | Do not freeze |
| 1 week | 1-2 months |
| 3-4 days | 1-2 months |
| 1 week | 1-2 months |
| Hot dogs, sealed in package Hot dogs, after opening | 2 weeks | 1-2 months |
| 1 week | 1-2 months |
| Lunch meats, sealed in package Lunch meats, after opening | 2 weeks | 1-2 months |
| 3-5 days | 1-2 months |
| Sausage, raw, bulk type Sausage, smoked links, patties  Sausage, hard, dry (pepperoni), sliced | 1-2 days | 1-2 months |
| 1 week | 1-2 months |
| 2-3 weeks | 1-2 months |
| POULTRY, FRESH |  |  |
| Chicken or turkey, whole Chicken or turkey, parts | 1-2 days | 12 months |
| 1-2 days | 9 months |
| Duckling or goose, whole | 1-2 days | 6 months |
| Giblets | 1-2 days | 3-4 months |
| POULTRY, COOKED or PROCESSED |  |  |
| Chicken nuggets, patties | 1-2 days | 1-3 months |
| Cooked poultry dishes | 3-4 days | 4-6 months |
| Fried chicken | 3-4 days | 4 months |
| Ground turkey or chicken | 1-2 days | 3-4 months |
| Lunch meats, sealed in package Lunch meats, after opening | 2 weeks | 1-2 months |
| 3-5 days | 1-2 months |
| Pieces covered with broth or gravy | 1-2 days | 6 months |
| Rotisserie chicken | 3-4 days | 4 months |

### STORING REFRIGERATED FOOD

#### Leave meat, poultry and seafood in the store packaging before using. Repeated handling can introduce bacteria into products.

* Store opened food in foil, plastic wrap, leak-proof plastic bags or air- tight, food storage containers to keep food from drying out.
* Place meat, poultry and seafood in the coldest part of the refrigerator. Store eggs in their original carton on a shelf, not in the door.
* Defrost or marinate meat in the re- frigerator – never on the kitchen counter.
* Place meat, poultry and seafood items on the lowest shelf to minimize leakage onto other stored foods.
* Clean the refrigerator regularly to remove spoiled food, odors and bac- teria. Don’t overload the refrigerator. Air must circulate freely to cool all foods evenly.

**HANDLING FOOD SAFELY AT HOME**

Many cases of foodborne illness occur each year due to improper handling of food in the home. Microorganisms multiply rapidly at temperatures be- tween 40ºF and 140ºF. Unfortunately, the harmful bacteria that cause most cases of foodborne illness cannot be seen, smelled or tasted. Therefore, it’s important to:

**Keep *Cold* foods *Cold***

**(40oF or below) and *Hot* foods *Hot* (140oF or above).**

#### and follow these additional rules

1. **CLEAN:** Wash hands and surfaces often and thoroughly.
2. **SEPARATE:** Don't cross-contaminate.

#### **COOK:** Cook to proper temperatures.

1. **CHILL:** Refrigerate promptly. (after home cooking) 3-4 days refrigerated or 2-3 months frozen.

**Fresh fruits and vegetables**

**FRUITS SHELF REFRIGERATOR FREEZER**

Apples 1-2 days 3 weeks Cooked, 8 months

Apricots Until ripe 2-3 days Do not freeze

Avocados Until ripe 3-4 days Do not freeze

**FRESH PRODUCE**

Raw fruit and vegetables can be held at room temperature, stored in the refrigerator or frozen. For most produce, refrigeration is the best way to maintain quality and delay ripening. There are, however, some exceptions:

•Tomatoes taste best if ***not*** refrig-

erated. Cold storage can cause them to become mealy.

•Bananas ***should not be*** refrigerated unless fully ripe, and then they should be used within 1-2 days. Refrigeration will cause banana skin to blacken, but the fruit will not ripen while cold.

•If they are very fresh, apples, mangoes, and stone fruits (plums, peaches, etc.) can be stored at room temperature, but these items should be refrigerated as they ripen.

•Hardy vegetables like onions, garlic, potatoes, sweet potatoes, and winter squash can be stored in cool, dark places outside of the cooler.

**OTHER TIPS:**

* Wash produce under running water before preparation
* Once fruits and vegetables are cut, chopped or cooked, they should be placed in the refrigerator within two hours, or frozen in plastic freezer containers.
* Cutting boards can be a source of bacterial contamination, so it’s a good idea to use different cutting boards, for raw meat and poultry, produce and ready-to-eat foods.

#### Raw fruit and vegetables can be held at room temperature, stored in the re- frigerator or frozen. For most produce,

Bananas

Berries, cherries

Until ripe

2 days, skin will blacken Whole peeled,1 month

1-2 days 4 months

#### refrigeration is the best way to main-

Citrus Fruit 10 days 1-2 weeks Do not freeze

Coconuts, fresh 1 week 2-3 weeks Shredded, 6 months

Grapes 1 day 1 week Whole, 1 month

Kiwi Fruit Until ripe 3-4 days Do not freeze

Melons 1-2 days 3-4 days Balls, 1 month

Papaya, mango 3-5 days 1 week Do not freeze

Peaches, nectarines Until ripe 3-4 days Sliced, lemon juice

& sugar, 2 months

Pears, Plums 3-5 days 3-4 days Do not freeze

## VEGETABLES SHELF RAW, REFRIG. FROZEN\*

Artichokes, whole 1-2 days 1-2 weeks Do not freeze

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#### tain quality and delay ripening.

* Wash produce under running water before preparation.
* Once fruits and vegetables are cut, chopped or cooked, they should be placed in the refrigerator within two hours, or frozen in plastic freezer containers.

**Here are more rules for handling**

Asparagus

Beans, green or wax

3-4 days 8 months

3-4 days 8 months

**food safely in the home:**

Beets 1 day 7-10 days 6-8 months

#### Keep EVERYTHING clean – hands,

Bok choy

Broccoli, raab, rapini Brussels sprouts Cauliflower Cabbage

Carrots, parsnips Celery

Corn on the cob Cucumbers

2-3days 10-12 months

3-5 days 10-12 months

3-5 days 10-12 months

3-5 days 10-12 months

1-2 weeks 10-12 months

3 weeks 10-12 months

1-2 weeks 10-12 months

1-2 days 8 months

4-5 days Do not freeze

#### utensils, counters, cutting boards and sinks.

* Always WASH HANDS and EQUIPMENT thoroughly with soap and hot water before preparing foods and after handling raw meat, poultry or seafood.
* Don’t let juices from raw meat,

Eggplant 1 day 3-4 days 6-8 months

Garlic 1 month 1-2 weeks 1 month

Ginger Root 1-2 days 1-2 weeks 1 month

#### poultry or seafood touch ready-to-eat

foods during shopping, in the refrig- erator or during preparation.

Greens

Herbs, fresh Leeks

Lettuce, iceberg Lettuce, leaf Mushrooms Okra

1-2 days 10-12 months

7-10 days 1-2 months

1-2 weeks 10-12 months

1-2 weeks Do not freeze

3-7 days Do not freeze

2-3 days 10-12 months

2-3 days 10-12 months

#### Always put cooked food on a clean plate that did not previously hold raw meat, poultry or seafood.

* Cutting boards can be a source of bacterial contamination, so it’s a good idea to use different cutting

#### Onions, dry 2-3 weeks 2 months 10-12 monthsboards for raw meat and poultry, pro-

Spring or green Parsley, cilantro Peppers, bell or chile

1-2 weeks 10-12 months

1. week 1-2 months

4-5 days 6-8 months

#### duce and ready-to-eat foods. When

using cutting boards, make sure that they are thoroughly cleaned.

Potatoes 1-2 months 1-2 weeks Cooked and mashed,

#### Cook foods to proper temperatures

10-12 months

#### to kill bacteria.

Radishes 10-14 days Do not freeze

#### Use a clean food thermometer to

Rutabagas

Spinach

Squash, summer

1week

1. weeks 8-10 months

1-2 days 10-12 months

4-5 days 10-12 months

#### make sure foods reach proper tem- peratures.

winter 1 week 2 weeks 10-12 months

Turnips

2 weeks 8-10 months

Tomatoes Until ripe 2-3 days 2 months

*\*It is recommended to blanch (partially cook) or cook vegetables before freezing.*

### FROZEN FOODS

#### Because foods frozen at peak quality will taste better than foods frozen near the end of their useful life, quickly freeze items you don’t plan to use in the next day or two. Keep the freezer temperature at 0ºF or below; frozen food quality deteriorates more rapidly above 0ºF.

**Frozen food – Shelf Life After Coded Date**

**FROZEN ITEMS FREEZER REFRIGERATOR AFTER THAWING**

Bagels 2 months 1-2 weeks

Bread Dough, commercial Use-by date After baking, 4-7 days Burritos, sandwiches 2 months 3-4 days

Egg substitutes 12 months Date on Carton

Fish, breaded 3-6 months Do not defrost. Cook frozen.

Fish, raw 6 months 1-2 days Fruit such as berries, melons 4-6 months 4-5 days Guacamole 3-4 months 3-4 days

Ice cream 2-4 months

#### Remember, freezing to 0ºF inactivates **but**

**does not destroy microbes** such as bacteria, yeasts and molds that can be present in food. Once a frozen food item is thawed, these microbes can become active, mul-

Juice concentrates 6-12 months 7-10 days

Lobster tails 3 months 2 days

Pancakes, Waffles 2 months 3-4 days

Sausages, uncooked 1-2 months 1-2 days

precooked 1-2 months 1 week

#### tiplying under the right conditions to levels

Sherbet, sorbet 2-4 months

#### that can lead to foodborne illness.

**Defrosting**

Never defrost foods outdoors, in a cold room in the house, such as the basement, or on the kitchen counter. These methods encourage growth of harmful bacteria.

* There are three ways to defrost food: in the refrigerator, in a sealed package in cold water, and in the microwave oven. Never defrost or thaw a food product by leaving it out on the kitchen counter.
* Food thawed in the refrigerator can be refrozen without cooking. Plan ahead be- cause food may take several hours to thaw in the refrigerator (or even days for tur- keys).
* Foods defrosted in cold water or in the microwave should be cooked immediately.

**DELI FOODS**

Your supermarket deli maintains rigid quality assurance and sanitation standards to ensure you will always receive fresh, wholesome products.

* As soon as you get home, immediately put cold perishables into the refrigerator or freezer.
* Hot perishable foods from the deli de- partment need to be kept at 140oF or

above, or consumed within two hours.

* For hot deli foods to be eaten at a later time, place them in shallow, covered con- tainers and refrigerate or freeze within two hours.
* Reheat foods to 165ºF.

Shrimp, shellfish 12 months 1-2 days

Soy crumbles and hotdogs 9 months 3-4 days

Soy meat substitutes 12-18 months 3-4 days

Tempeh 12 months 1-2 weeks

Topping, whipped 6 months 2 weeks TV Dinners, entrees,

breakfast 3 months Do not defrost. Cook frozen.

Vegetables 8 months 3-4 days

# Deli foods – Shelf Life After Coded Date

## DELI FOODS REFRIGERATOR FREEZER

Main dishes or meals,

hot or refrigerated 3-4 days 2-3 months Meats covered with gravy

or broth 1-2 days 6 months Commercial brand vacuum packed

dinners with USDA seal 2 weeks Does not freeze well

Chicken, rotisserie or fried 3-4 days 4 months

Luncheon meats, store-sliced 3-5 days 1-2 months

Pate 1-2 days 1-2 months Cheese, store-sliced, hard cheese

such as cheddar or swiss 3-4 weeks 6 months Cheese, soft (such as brie,

bel paese, goat cheese,

fresh mozzarella) 1 week 6 months Salads containing meat, fish,

poultry or eggs 3-4 days Don’t freeze.

Salads, vegetable 3-5 days Don’t freeze.

Side dishes such as cooked

vegetables, rice or potatoes 3-4 days 1-2 months

Olives 2 weeks Don’t freeze.

Pudding Package date; Don’t freeze.

2 days after opening

Fruit, cut Package date; Don’t freeze.

4 days after opening

Cheesecake 1 week 2-3 months

# Shelf-stable foods – Shelf Life After Coded Date

## SHELF STABLE FOODS UNOPENED REFRIGERATOR IN PANTRY

**IN PANTRY AFTER OPENING AFTER OPENING**

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### PANTRY STORAGE

Shelf-stable foods such as canned goods, cereal, baking mixes, pasta, dry beans, mustard, ketchup and peanut butter can be kept safely at room temperature.

To keep these foods at their best quality, store them in clean, dry, cool (below 85°F) cabinets away from the stove or the refrigerator’s exhaust. Extremely hot (over 100°F) and freezing temperatures are harmful to canned goods.

In general, most canned foods have a long shelf life, and when properly stored, can be eaten for several years:

•**Low-acid canned goods** – two to five years (canned meat and poultry, stews, soups except tomato, pasta products, potatoes, corn, carrots, spinach, beans, beets, peas and pumpkin).

•**High-acid canned goods** – 12 to 18 months (tomato products, fruits, sauerkraut and foods in vinegar-based sauces or dressings).

Some canned hams are shelf-stable. Never store ham or any foods labeled “keep refrigerated” in the pantry. These foods must be stored in the refrigerator.

Many shelf-stable foods remain edible for several weeks, or even months, after opening, as the accompanying chart indicates. However, be sure to read package labels. Some items must be refrigerated after opening.

#### Shelf-stable foods such as canned

Baby food, jars or cans,

fruits & vegetables Use-by date 2-3 days

meats & eggs 1 day

#### goods, cereal, baking mixes, pasta, dry beans, mustard, ketchup and peanut

cereal, dry mixes

2 months

#### butter can be kept safely at room tem-

Formula 1-2 days

#### perature.

Bacon Bits, Imitation 4 months

Beans, Dried 12 months

Refer to jar

4 months

12 months

#### To keep these foods at their best quality,

Canned goods, low acid 2-5 years 3-4 days (such as meat, poultry,

fish, gravy, stew, soups, beans, carrots, corn, pasta, peas, potatoes, spinach)

Canned goods, high acid 12-18 months 5-7 days (such as juices, fruit,

pickles, sauerkraut, tomato soup, and foods in vinegar-based sauce)

#### 85ºF) cabinets away from the stove or the refrigerator's exhaust. Extremely hot

are harmful to canned goods.

Never use food from cans that are leaking, rusting, bulging, badly dented, or with a foul odor; cracked jars or jars with

Cereal, ready-to-eat 6-12 months Cook before eating

(oatmeal, etc.) 12 months

3 months

* 1. months

#### loose or bulging lids; or any container

that spurts liquid when you open it. NEVER TASTE such foods. Throw out any

Coffee, whole beans, 1-3 weeks 1 week

non-vacuum bag (For all types; 3-4 months

ground, in cans 2 years frozen; 2 weeks refrigerated) 1 week instant, jars and tins 12 months 2-3 months

#### BAKING INGREDIENTS

food you suspect is spoiled. In general, most canned foods have a long shelf life, and when properly stored, can be

Baking powder 6 months

Baking soda 18 months

Biscuit or pancake mix 15 months Cake, Brownie, Bread Mixes 12-18 months

3 months

6 months

Pkg use-by date

#### Low-acid canned goods — two to five years (canned meat and poultry, stews, soups except tomato, pasta prod- ucts, potatoes, corn, carrots, spinach,

Cornmeal, regular, degerminated 6-12 months 12 months

stone ground or blue 1 month 2-3 months

#### beans, beets, peas and pumpkin).

Cornstarch 18 months

Flour, white 6-12 months

18 months

6-8 months

#### High-acid canned goods — 12 to 18

months (tomato products, fruits,

Flour, whole wheat 1 month 6-8 months

#### sauerkraut and foods in vinegar-based

Frosting, canned 10 months 1 week

#### sauces or dressings).

Frosting mixes 12 months

Chocolate, unsweetened 18-24 months and semi-sweet, solid

3 months

1 year

#### Some canned hams are shelf-stable. Never store ham or any foods labeled

Chocolate syrup 2 years 6 months

#### “keep refrigerated” in the pantry. These

Cocoa and Cocoa Mixes Indefinitely

#### CONDIMENTS

1 year

Barbecue sauce, bottled 12 months 4 months 1 month Ketchup, Cocktail or

Chili sauce 12 months 6 months 1 month

#### for several weeks, or even months, af- ter opening, as the accompanying chart

Chutney 12 months 1-2 months

Horseradish, in jar 12 months 3-4 months

Mayonnaise, commercial 2-3 months 2 months

Mustard 12 months 12 months

Olives, black and green 12-18 months 2 weeks

Pickles 12 months 1-2 weeks Salad Dressings,

commercial, bottled 10-12 months 3 months

Salsa, picante & taco 12 months 1 month sauces

234567890123456

#### 1 month

#### indicates. However, be sure to read

package labels. Some items must be refrigerated after opening. Of course, products that become contaminated (bugs in flour, for example) should be immediately thrown out.



COOKIES, packaged 2 months 8-12 months frozen 4 weeks

CRACKERS 8 months 8 Freeze or refrigerate 3-4 months 1 month

**Do Not Consume Food from Cans or Jars If:**

•Leaking or stained

•Swollen can

•Rusty

•Badly dented, crimped or pinched

•Container is cracked

•Foul odor

•Safety seals are broken or missing

•Lids are loose or missing

•Foods exhibit changed color or odor –

•NEVER TASTE SUSPICIOUS FOODS!



**Do Not Consume Food from Boxes If:**

**Inside bag:**

•Is torn or leaking

•Seals are ripped

•Has moldy or foreign objects inside



**Box without an inside bag:**

•Is open or torn

•Is stained or wet

•Has live or dead insects, webs, or droppings



**Tips on Storing Canned and Boxed Food:**

* Store cans and boxes off the floor, either on a pallet or shelf and 18 inches away from the wall so air can circulate
* Store canned and boxed goods in a clean, dry, and cool area (below 85°F).
* Extremely hot (over 100°F) and cold (below 30°F) temperatures can damage canned goods and shorten shelf life.
* Always rotate your stock – First in-First out!

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Shelf-stable foods – Shelf life after Coded Date** | | | | | | |
| **SHELF STABLE FOODS** | **UNOPENED**  **IN PANTRY** | **REFRIGERATOR**  **AFTER OPENING** | | **IN PANTRY**  **AFTER OPENING** | |
| Diet powder mixes | 6 months |  | | 3 months | |
| Extracts, vanilla, | 3 years |  | | 1 year | |
| Fruits, dried | 6 months | 6 months | | 1 month  jjj | |
| Garlic, chopped,  Commercial jars | 18 months | Refrigerate; use by date on jar | |  | |
| 3 years |
| Gelatin, flavored  Unflavored | 18 months |  | | Use all or reseal for  3-4 months | |
| 3 years |  | |
| Gravy, jars and cans  Dry Gravy mixes | 2-5 years | 1-2 days | | Use entire can | |
| 2 years | 1-2 days | | Mix entire packet | |
| Herbs, dried | 1-2 years |  | | Cool, dark place 1 year | |
| Honey | 12 months |  | | 12 months | |
| Jams, jellies, preserves | 12 months | 6months | |  | |
| Jerky, commercially dried | 12 months | 2-3 months | |  | |
| Jerky, homemade |  | 1-2 months | | 1-2 months | |
| Juice, boxes | 4-6 months | 8-12 days | |  | |
| Lentils, dried | 12 months |  | | 12 months | |
| Marshmallows,  Marshmallow creme | 2-4 months |  | | 1 month | |
| Milk, canned evaporated | 12 months | 4-5 days | |  | |
| Molasses | 12 months |  | | 6 months | |
| Mushrooms, dried | 6 months |  | | 3 months | |
| Oils, olive or vegetable  Nuts oils  Vegetable oil sprays | 6 months | 4 months | | 1-3 months | |
| 6 months |  | |  | |
| 2 years |  | | 1 year | |
| Nuts, jars or cans | 12 months | Refrigerate 4-6 months Freeze 9-12 months | | 1 month | |
| Pasta, dry, without eggs | 2 years |  | | 1 year | |
| Dry egg noodles | 2 years |  | | 1-2 months | |
| Peanut butter, commercial ccomcommcommercialcommercial | 6-9 months |  | | 2-3 months | |
| Peas, dried split | 12 months |  | | 12 months | |
| Pectin | Use by pkg. date |  | | 1 month | |
| Popcorn, dry kernels in a jar | 2 years |  | | 1 year | |
| Commercially popped in bags  Microware packets | 2-3 months |  | | 1-2 weeks | |
| 12 months |  | | 1-2 days popped | |
| Potato chips`` | 2 months |  | | 1-2 weeks | |
| Potatoes, instant | 6-12 months |  | | 6-12 months | |
| Pudding mixes | 12 months |  | | 3-4 months | |
| Rice, white or wild  Brown Rice  Flavored or herb mixes | 2 years | 6 months | | 1 year | |
| 1 year | 1 year | |
| 6 months | Use all | |
| Sauce mixes, nondairy  (spaghetti, taco, etc.)  Cream sauces, milk solids | 2 years |  | | Use entire amount | |
| 1 year |  | |  | |
| Shortening, solid | 8 months |  | | 3 months | |
| Soda such as carbonated | 3 mos. after date | 2-3 days | | 1 week | |
| Cola drinks, mixers:  Diet sodas, bottles or cans  Regular sodas, bottles  Regular sodas, cans |
| 3 mos. after date | 2-3 days | | 2 weeks | |
| 9 mos. after date |  | |  | |
| Soup mixes, dry bouillon | 12 months |  | | 12 months | |
| SOY PRODUCTS | | | | | |
| Soy or rice beverage,  Shelf stable  Soy beverage powders  Soy flour, de-fatted, low-fat  Soy flour, full-fat  Textured soy protein (TSP)  Re-hydrated TSP | 3 months or “use-by” date | | 7-10 days | |  |
| 6 months | |  | | 3-4 months |
| 1 year | |  | | 1 year |
| 2 months | | 6 months | |  |
| 2 years | |  | | 3-4 months |
| 3-4 months | | 3-4 days | |  |
| Spaghetti Sauce in jars | 18 months | | 4 days | |  |

# Shelf-stable foods/bakery items

## SHELF STABLE FOODS UNOPENED REFRIGERATOR IN PANTRY

## IN PANTRY AFTER OPENING AFTER OPENING

### KEEPING FOOD SAFE DURING

### A POWER OUTAGE

Sooner or later, the electricity may fail due to a power outage, and a refrig-

erator without electricity cannot keep food safe very long. To be prepared, keep an appliance thermometer in both the refrigerator and freezer to monitor the temperature.

Spices, whole 2-4 years total

ground 2-3 years total

paprika, red pepper, &

Included in total

Included in total

chili powder 2 years total Store in refrigerator Included in total

123456789012345678

Sugar, brown 4 months

granulated 2 years

confectioners 18 months

sugar substitutes 2 years

Syrup, pancake 12 months

23456789012345678

Sugar never spoils

12 months

Genuine or real maple 12 months 12 months

### In the Freezer

Tapioca 12 months

Tea, bags 18 months

loose 2 years

instant 3 years

Toaster pastries, fruit filled 6 months non-fruit fillings 9 months

Tomatoes, sun dried,

12 months

12 months

6-12 months

6-12 months

Keep foil packets sealed

#### Even when the power is off, a full

freezer will stay frozen for about two days; a half-full freezer about one day. So keep the freezer door closed.

* + If you think power will be out for several days, locate some block ice,

packed in oil 12 months 6-12 months 3-6 months

packed in cellophane 9 months 6-12 months 3-6 months

#### bags of ice or dry ice to put in the

freezer along with your refrigerated

Vinegar 2 years

12 months

#### perishable food, or keep the food con-

Yeast, dry, packets and jars Use by date Refrigerate open jars

#### tinually iced in an insulated cooler.

Water, bottled 1-2 years

Worcestershire Sauce 1 year

3 months

1 year

#### You can also pack foods tightly together to insulate one another.

**BAKERY ITEMS SHELF REFRIGERATOR FREEZER**

Bread, commercial\* 2-4 days 7-14 days 3 months Bread, flat (tortillas, pita) 2-4 days 4-7 days 4 months Cakes, angel food 1-2 days 1 week 2 months

chiffon, sponge 1-2 day 1 week 2 months

chocolate 1-2 days 1 week 4 months

fruit cake 1 month 6 months 12 months

made from mix 3-4 days 1 week 4 months

pound cake 3-4 days 1 week 6 months (Refrigerate any cake

#### All thawed raw or cooked foods can be refrozen if they still contain ice crystals or are 40ºF or below, but there may be some quality loss.

* + Foods thawed and held above 40ºF for more than two hours should be dis- carded.

**Foods in the Refrigerator**

with frosting made of dairy products or eggs)

\*Any breads containing meat, hard cooked eggs, custard filling or other

perishable ingredients must be refrigerated within two hours.

#### Refrigerated foods should be edible

as long as power is out no more than

Cheesecake

Cookies, bakery or

1 week 2-3 months

#### four hours.

* + Discard any perishable foods that

homemade 2-3 weeks 2 months 8-12 months

Croissants, butter 1 day 1 week 2 months Doughnuts, glazed or cake 1-2 days 1 week 1 month

#### have been above 40ºF for two hours or more, and any food that has an un-

dairy cream filled Eclairs, dairy cream filled

3-4 days

3-4 days

#### usual odor, color, or texture, or feels

warm to the touch.

Muffins 1-2 days 1 week 2 months

Pastries, danish 1-2 days 1 week 2 months

#### If you have any doubts about the

safety of any item in your refrigerator

Pies, cream

3-4 days

#### after power is restored, it’s best to err

chiffon 1-2 days

#### on the side of caution and discard it.

fruit 1-2 days 1 week 8 months

mincemeat 2 hours 1 week 8 months

pecan 2 hours 3-4 days 1-2 months

pumpkin 2 hours 3-4 days 1-2 months

Quiche 2 hours 3-4 days 2 months

Rolls, yeast, baked 3-4 days 1 week 2 months yeast, partially baked Package date 1 week 2 months filled, meat or

vegetables 2 hours 3-4 days 2 months

*For additional information about food safety during power outages, call the toll-free USDA Meat and Poultry Hotline at 1-800-535-4555.*

Information for these guidelines were Developed by: Food Marketing Institute,

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