



Understanding Sell Buy Dates: When Should I Eat this?

"USE BY", "SELL BY", or "BEST BUY" dates inform us how fresh a product is, but these code dates do not indicate when food is unsafe to eat.

Refer to these guidelines to see when to eat these **UNOPENED PRODUCTS**.

*Does not apply to baby formula or baby food.

Dairy, Deli Products & Eggs

Product	Storage Life Past Code Date		Best Quality
	REFRIGERATOR	FROZEN	
 Citrus Juice	7 days		
 Odwalla & Naked Juice	14 days		
 Sour Cream & Sour Cream-Based Dip	21 days		
 Margarine	6 months		12 months
 Butter	1 - 3 months		6 - 9 months
 Eggs	5 weeks		
 Yogurt	10 days		
 Milk	7 days		1 month
 Coconut Milk, Almond Milk, Rice Milk, Soy Milk	7 - 10 days		
 Hard Cheese	6 months		6 months
 Shredded Cheese	2 weeks		6 months
 Cottage Cheese	21 days		
 Cream Cheese	3 - 4 weeks		
 Whipped Cream	30 days		
 Salsa & Pesto	Consume by date shown		



Deli & Vegetable Products

Product

Storage Life Past Code Date

Best Quality

REFRIGERATOR

FROZEN



Cut Fruit

Consume by date shown



Frozen Fruit

5 - 6 months



Bell Peppers

3 - 4 months



Cabbage, Lettuces, Onions

do not freeze!



Other Vegetables

8 - 12 months

Protein - Meat & Soy

Product

Storage Life Past Code Date

Best Quality

REFRIGERATOR

FROZEN



Soy Milk

7 days



Tofu

21 days



Soy Dips

7 days



Lunch Meats & Hot Dogs

5 days

Safe indefinitely,
best quality 1-2 months



Fully Cooked Ham

1 -2 months

Frozen Meats

Safe indefinitely when kept frozen,
best quality 12 months



Whole Turkey or Chicken



Chicken Parts



Steaks



Ground Meat



Roasts



Meat Chops



Bacon



Sausage Link & Patties

Baked Goods & Bread

Product

Storage Life Past Code Date

Best Quality

REFRIGERATOR

FROZEN



Croissants

7 days

2 months













Danish

7 days





2 months

	Muffins	7 days	2 months
	Cookie Dough	Consume by date shown	
	Fresh Pasta	2 days	6 months
	Tube Cans of Pastry (biscuits, dough, etc)	Consume by date shown	
	Pie Crust	Consume by date shown	
	Bagels	7 days	2 months
	Sliced Bread	30 days	3 months
	French Loaf	14 days	2 months
	Cakes, Unfrosted	7 days	2 months
	Chocolate Cake, Unfrosted	7 days	4 -6 months
	Cookies	2 months	10 months














Shelf-Stable Food Extensions

Product	Storage Life Past Code Date
 Dried Beans (pinto, red, etc.)	12 months
 High Acidic Canned Goods (pineapple, tomatoes, etc.)	18 months
 Low Acidic Canned Goods (meats, beans, corn, soup, etc.)	5 years
 White Flour	12 months
 Wheat Flour	1 month
 Brown Rice	12 months
 White Rice	2 years
 White, Granulated, Brown, & Raw Sugar	2 years
 Ground Coffee	2 years
 Instant Coffee	12 months

Shelf-Stable Beverage Extensions

Product	Storage Life Past Code Date
 Bottled Water	12 months
 Juice Box	6 months
 Shelf-Stable Milk	Consume by date shown
 Shelf-Stable Milk Alternatives (Soy, Rice, Almond, Coconut, Hemp Milk)	1 month

Shelf-Stable Condiments & Snacks Extensions

Product	Storage Life Past Code Date
 Chocolate Syrup	2 years
 Condiments (Ketchup, Mayonnaise, BBQ Sauce, etc.)	12 months
 Jam & Jelly	12 months
 Beef Jerky & Slim Jims	12 months
 Microwavable Popcorn	18 months
 Popcorn Kernels	2 years
 Peanut Butter	9 months
 Packaged Cookies	2 months
 Packaged Crackers	8 months
 Granola Bar	12 months
 Vegetable Oil Spray	2 years
 Vinegar	2 years
 Dried Fruit	6 months

Spices

Product	Storage Life Past Code Date
 Ground Spices	Retain their potency for 2-3 years
 Whole Spices	Retain their potency for 2-5 years