



Don't throw away good food!

These guidelines indicate number of days after date on package an unopened item may be okay to eat.



DAIRY

Amount of time after date on package an unopened item may be okay to eat

Eggs 1 month

Milk 7 days

Yogurt 7 days

Shredded cheese 2 weeks

Block cheese 3 months



GROCERY

Amount of time after date on package an unopened item may be okay to eat

Baking mixes 12 months

Canned goods 1-2 years

Cereal 6-12 months

Chips 2 months

Juices 3 weeks

Sauces 12 months

Can't eat it now? Freeze it!

Meat, produce, cheese – freeze on or before use by date and it's good to eat for 4-12 months. Blanch leafy vegetables and herbs to freeze them, too!

What does the date on the package mean?

"Best By/Before," "Sell By," and "Use By" are indicators of best flavor and peak quality, they aren't food safety dates! (except on infant formula.) So use your judgement and the above as a guide.

Table to Table keeps wholesome, edible food from going to waste by collecting it from food suppliers and distributing it to agencies serving our neighbors in need.

Find out more at www.table2table.org.

The above are guidelines only. Information gathered from foodsafety.gov.

