

Shelf-Stable Foods	Shelf Life After Code Date
Baby Food	
Cereal, dry mixes	Expiration date on package
Food in jars, cans	Expiration date on package
Formula	Expiration date on package
Juice	1 year
Canned Foods	
Beans	3 years
Fish: salmon, tuna, sardines, mackerel	3 years
Frosting, canned	10 months
High-acid foods <ul style="list-style-type: none"> • fruit (including applesauce, juices) • pickles, sauerkraut • baked beans w/mustard/vinegar • tomatoes, tomato-based soups & sauces 	1-2 years
Low-acid foods <ul style="list-style-type: none"> • gravy, soups, broths that aren't tomato-based • pasta, stews, cream sauces • vegetables (not tomatoes) 	2-3 years
Meat: beef, chicken, pork, turkey	2-3 years
Pie filling	3 years
Aseptically-packaged Products	
UHT (Ultra High Temperature) Milk	1 year
Broth: beef, chicken or vegetable	3 years
Soup	3 years
Fruits	3 years
Vegetables	3 years
Condiments, Sauces and Syrups	
Barbecue sauce, bottled	1 year
Frosting, canned	10 months
Gravy, dry mix envelopes	2 years
Honey	2 years-remains safe after crystallization. To use, simply immerse closed container in hot (not boiling) water until honey liquefies
Jams, jellies, preserves	18 months
Ketchup, cocktail, or chili sauce: jar, bottle, or packet	18 months
Mayonnaise: jar, bottle, or packet	3-6 months
Molasses	2 years
Mustard: jar, bottle, or packet	2 years
Olives	18-24 months
Pickles	1 year, canned 2 years, jarred - discard if inside of lid is rusty upon opening
Salad dressings, bottled	1 year
Salsa, bottled	12-18 months

Shelf-Stable Foods (Continued)	Shelf Life After Code Date
Condiments, Sauces, Syrups (Continued)	
Spaghetti sauce, canned	18 months
Spaghetti sauce, jarred	18 months
Syrup, chocolate	2 years
Syrup, corn	2 years
Syrup, pancake	2 years
Vinegar	2 years
Worcestershire sauce	2 years
Dry Goods	
Baking mix, pancake	9 months
Baking mixes: brownie, cake, muffin, etc.	12-18 months
Baking powder	18 months
Baking soda	Indefinite if kept dry
Beans, dried	1 year
Bouillon, beef or chicken	12-24 months
Bouillon, vegetable	12-24 months
Bread, commercially prepared (including rolls)	3-5 days at room temp 3 months stored frozen
Cakes, commercially prepared	2-4 days at room temp Several months frozen
Candy (all, including chocolate)	9 months, caramel 18 months, chocolate 36 months, hard candy
Casserole Mix	9-12 months
Cereal, cold	1 year
Cereal, hot	1 year
Cookies	4 months
Cornmeal	1 year at room temp 2+ years frozen
Crackers	8 months Except graham crackers, 2 months
Flour, white (all purpose or cake)	1 year
Flour, whole wheat	6 months Keeps longer if refrigerated or frozen
Fruit, dried	6 months
Macaroni and Cheese, mix	9-12 months
Nuts, out of shell	6-12 months, bagged 12-24 months, canned
Nuts, in shell	6-12 months
Oatmeal	12 months
Oil: olive, vegetable, salad	6 months
Pasta, dry (egg noodles)	2-3 years
Pasta, dry (no egg)	2-3 years

Shelf-Stable Foods (Continued)	Shelf Life After Code Date
Dry Goods (Continued)	
Peanut butter	18 months
Popcorn, kernels	2 years
Popcorn, commercially popped and bagged	2-3 months
Popcorn, microwave packets	1 year
Potato chips	2 months
Potatoes, mashed, instant flakes	1 year
Pretzels	6-8 months
Pudding, prepared/shelf-stable	1 week
Rice, brown	1 year
Rice, white	2 years
Rice-based mixes	6 months
Shortening, vegetable	8-12 months
Spices	Up to 4 years, whole spices Up to 2 years, ground spices Lose flavor over time but remain safe to use indefinitely
Stuffing mix	9-12 months
Sugar, brown (light or dark)	18 months
Sugar, confectioners	18 months
Sugar, white	2 or more years
Sugar substitute	2 years
Toaster pastries	6 months, fruit 9 months, no fruit
Tortillas	3 months, shelf or refrigerator 6 months, freezer Do not use if they develop mold or harden

The following information applies only to shelf-stable beverages. Juices and milk products requiring refrigeration are covered in the next section, along with other refrigerated items.

Shelf-Stable Beverages	Shelf Life After Code Date
Cocoa Mixes	3 years
Coffee creamer, liquid shelf-stable	9-12 months
Coffee creamer, powdered	2 years
Coffee, ground	2 years
Coffee, instant	1-2 years
Coffee, whole bean	1 year, vacuum-packed
Instant breakfast	6 months
Juice, bottle, shelf-stable	9 months
Juice, box	4-6 months
Juice, canned	18 months
Juice concentrate, shelf-stable	6 months
Milk, evaporated	1 year
Milk, non-fat dry	1 year
Milk, sweetened condensed	1 year
Nutritional aid supplements: Boost, Ensure, etc.	1 year
Rice milk, shelf-stable	6 months
Carbonated beverages: soda, seltzer, water	3 months, bottles (all) 3 months, diet (cans) 9 months, regular soda or seltzer (cans)
Soy milk, shelf-stable	6 months
Tea, bagged	18 months
Tea, instant	3 years
Tea, loose leaf	2 years
Water	Indefinite; store in a cool, dark place away from chemicals
Water, flavored	Indefinite; store in a cool, dark place away from chemicals

Tips on Storing Refrigerated Food:

- Keep all chilled food refrigerated at 40°F or below until distribution.
- Store eggs in their original carton.
- Leave space for air to circulate between items in the refrigerator.
- Rotate stock so that older foods are distributed first.

Dairy and Cooler Items	Refrigerated (40°F or below)	Frozen (0°F or below)
Butter	2-3 months	1 year
Buttermilk	10-14 days	Does not freeze well
Cheese trays	2 weeks	Do not freeze
Cheese, cottage	10-15 days	Does not freeze well
Cheese, cream	2 weeks	Does not freeze well
Cheese, hard	6 months	6-8 months
Cheese, soft	1-2 weeks	6 months
Cheese, processed	3-4 weeks	6 months
Coffee creamer, liquid refrigerated	3 weeks	Follow instructions on package
Cream, Half & Half	3-4 days	4 months; use for cooking
Cream, Heavy	10 days	3-4 months; shake upon thawing to loosen; use for cooking
Cream, Light	1 week	3-4 months; use for cooking
Crust, pie or pizza ready to bake	Sell-by date	2 months
Dips, made with sour cream	2 weeks	Do not freeze
Dough, biscuit	Sell-by date	Do not freeze
Dough, bread or pizza	Sell-by date	Do not freeze
Dough, cookie	Sell-by date	2-3 months
Eggs, in shell	4-5 weeks	Do not freeze
Eggs, pasteurized carton egg substitute, unopened	10 days	1 year
Eggs, pasteurized carton real eggs, unopened	10 days	1 year
Juice, purchased refrigerated	3 weeks	8-12 months
Margarine	6 months	12 months
Milk (not shelf-stable)	1 week	1-3 months; use for cooking
Pudding, purchased refrigerated	1-2 days	Do not freeze
Salad dressing, refrigerated packets	3 months	Do not freeze
Sour cream	2-3 weeks	Do not freeze
Whipped cream, aerosol	3-4 weeks	Do not freeze
Whipped topping, aerosol	3 months	Do not freeze
Whipped topping, non-dairy tub	2 weeks	14 months; do not refreeze once thawed
Yogurt	10-14 days	1-2 months

Tips on Storing Frozen Food:

- If food remains continuously frozen, it will last much longer than if it is exposed to changing temperatures. Keep all frozen food at 0°F or below until distribution.
- Leave meat, poultry and seafood in the original packaging when distributing. It is unsafe to open and repack these foods.

Items Purchased Frozen	Frozen (0°F or below)
Bread, Bagels	3 months
Chicken, Nuggets, Patties	2 months
Desserts, frozen baked goods	3-4 months
Desserts, frozen cream pies	1-2 months
Desserts, frozen fruit pies	6-8 months
Dinners: pies, casseroles, shrimp, ham, pork, or sausage	3-4 months
Dinners: beef, turkey, chicken, or fish	6 months
Dough, bread	1 month; longer storage inactivates yeast, weakens gluten
Dough, cookie	3 months
Pasteurized eggs in cartons	1 year, purchased frozen, unopened, never thawed
Fish, Breaded	4-6 months
Ice Pops	6 months
Fruit, frozen	4-12 months, quality suffers but safe to eat if continually frozen
Ice cream	2-4 months
Juice concentrate	2 years
Soy meat substitutes	12-18 months
Vegetables, frozen	8-12 months, quality suffers but safe to eat if continually frozen
Waffles, pancakes	2 months
Whipped topping, non-dairy tub	6 months

Meats distributed through the Food Bank should be completely frozen, and stored at 0°F or lower for as long as possible before distribution. Do not leave meats at room temperature.

Meats, Fresh	Refrigerated (40°F or below)	Frozen (0°F or below)
Fish/ Seafood, Raw		
Fatty fish: salmon, mackerel, perch, bluefish	2 days	3-6 months
Lean fish: cod, flounder, sole, haddock, pollock	2 days	12 months
Shrimp, raw	2 days	9 months
Crab, canned	6 months unopened; 5-7 days opened	Do not freeze
Crab, legs	3-5 days	9-12 months
Oysters, shucked	1-2 days	3-4 months
Lobster Tails, raw	4-5 days	6-9 months
Scallops, raw	1-2 days	3-6 months
Fish/ Seafood, Cooked		
Fatty Fish: salmon, mackerel, perch, bluefish	5-7 days	3-6 months
Lean Fish: cod, flounder, sole, haddock, pollock	5-7 days	3-6 months
Shrimp and other Shellfish	5-7 days	3-6 months
Meats, Raw		
Quality may suffer with longer storage, but safe to eat indefinitely if continuously frozen		
Beef Roasts	3-5 days	1 year
Beef Steaks	3-5 days	1 year
Pork Roasts	3-5 days	1 year
Pork Chops	3-5 days	1 year
Lamb Roasts	3-5 days	1 year
Lamb Steaks/Chops	3-5 days	1 year
Poultry: Chicken or Turkey, whole cuts	2 days	1 year
Ground Meats: beef, pork, lamb, or poultry	2 days	9-12 months
Meats, Processed		
Quality may suffer with longer storage, but safe to eat indefinitely if continuously frozen		
Bacon, unopened	2 weeks	6 months
Bacon, opened	1 week	2 months
Chicken, Fried	4 days	4 months
Chicken, Nuggets/Patties	2 days	3 months
Ham, unopened	2 weeks	1 year
Ham, opened	1 week	1-2 months
Hot Dogs, unopened	2 weeks	9 months
Luncheon Meats, deli-sliced or opened	3-5 days	Do not freeze
Luncheon Meats, unopened commercial package	2 weeks	1-2 months
Pepperoni, Salami	1 month	6 months
Sausage, raw	2 days	6 months
Sausage, smoked links or patties	1 week	9 months