




















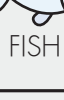









THE SHELF LIFE OF FOOD

Foods unopened, uncut or uncooked unless stated otherwise	COUNTER/PANTRY 1 DAY ↔ 1 MONTH	REFRIGERATOR 1 DAY ↔ 3 MONTH	FREEZER 1 MONTH ↔ 3 YEAR
 APPLES	2-4 weeks	1-2 months	8-12 months
 BANANAS	2-7 days	5-9 days	2-3 days
 CANTALOUPE	Until ripe	1 week	8-12 months
 GRAPES	3-5 days	7-10 days	3-5 months
 LEMONS	2-4 weeks	1-2 months	3-4 months
 PEACHES	Until ripe	2-5 days	8-12 months
 STRAWBERRIES	1-2 days	5-7 days	6-8 months
 BROCCOLI	2 days	7-14 days	8-12 months
 CARROTS	Up to 4 days	4-5 days	8-12 months
 CUCUMBERS	1-3 days	1 days	8-12 months
 GREEN BEANS	1 day, not recommended	1 week	8-12 months
 LETTUCE	1 day, not recommended	1 week	Do not ireeze
 POTATOES	1 month	3-4 months	Do not ireeze
 TOMATOES	5-7 days	2 weeks	8-12 months
 BUTTER	10 days	1-3 months	6-9 months
 CHEESES, HARD	1-3 months	2-4 months	6-8 months
 CHEESES, SOFT	Few hours	2-4 months	6-8 months
 EGGS	Few hours	3-4 weeks	Do not freeze
 MILK	Few hours	5-7 days	1 month
 BACON	2 hours	2 weeks	4 months
 CHICKEN	2 hours	1-2 week	1 year
 FISH	2 hours	1-2 days	6-9 months
 HAM	2 hours	1 week	6 months
 HAMBURGER	2 hours	1-2 days	6-8 months
 STEAK	2 hours	1-2 days	6-8 months
 BREAD	5-7 days	1-2 weeks	2-3 months
 HONEY	∞ Forever	∞ Forever	∞ Forever
 KETCHUP	1 year	1 year	Do not freeze
 MAYONNAISE	2-3 months	1 year, 2 months if opened	Do not freeze
 SODA	6-9 months 3-5 months for diet	6-9 months 5 days if opened	Do not freeze

LEFTOVERS

	1 DAY ↔ 1 MONTH
 MACARONI & CHEESE	3-5 days
 PIZZA	3-4 days
 SALAD WITH DRESSING	3-5 days
 SANDWICHES	1-2 days
 SPAGHETTI & MEAT BALLS	1-2 days

WHAT'S THE DEAL WITH EXPIRATION DATES?

The little dates you find on food on food packages refer to quality, not safety. If properly stored, you can eat food beyond its expiration. It is always best to use your eyes and nose to check for possible food safety issues.

USE-BY & BEST BEFORE

Provided voluntarily by the manufacturer to let you know how long the product will remain at its absolute best. The product is still edible after this date but the taste may decline.

EXPIRES ON

Found on perishables like meat and dairy. This is a guide for stores to know how long they can display the product. You can eat the product beyond this date as long as it is stored properly.

SELL-BY

This is usually found only on baby food or other products the government regulates with regard to dating. Do not consume past this date.