

FOOD DATING GUIDE

Food Dating Vocabulary

Best-by: when it should be consumed for best flavor.

Used-By: last recommended date for peak quality.

Sell-By: when products should be pulled from store shelves.

Packing/Manufactured: used for recall purposes.

Pantry Items

Applesauce	12-18 months
Boxed Dinners	3 years
Broths	3-5 years
Cereal	1 year
Chips	2 years
Crackers	6-9 months
Dried Fruits	6-12 months
Granola Bars	6-9 months
Jelly	2 years
Mac n Cheese	2 years
Oatmeal	18-24 months
Pancake Mix	1 year
Pasta (dry)	2-3 years
Peanuts	2 years
Peanut Butter	2 years
Rice	2 years
Salsa	12-18 months
Spices	3 years
Salad Dressing	12-18 months

***Infant food and formula
MUST not be used after their
expiration date.**

Canned Goods

Beets	12-18 months
Canned Beans	3-5 years
Canned Fruit	12-18 months
Canned Meat	3 years
Canned tomatoes	18-24 months
Canned vegetables	3-5 years
Gravy	3-5 years
Jarred Pickles	2 years
Canned Meals	18-24 months
Soups	3-5 years

Condiments

Honey	2 years
Horseradish	1 year
Ketchup	1 year
Maple Syrup	2-4 years
Mayonnaise	3-6 months
Mustard	1 year
Soy Sauce	3 years

Bakery Items

Bread	5-7 days
Cookies	2-3 weeks
Pastries	3-4 days
Pies	2-4 days

***These dates are all based on unopened items**

For any specific items not listed visit StillTasty.com
or download the app pictured to the right.



Make sure to trust your gut. When in doubt, throw it out.

FOOD DATING GUIDE

Food Dating Vocabulary

Best-by: when it should be consumed for best flavor.

Used-By: last recommended date for peak quality.

Sell-By: when products should be pulled from store shelves.

Packing/Manufactured: used for recall purposes.

Meats (refrigerated)

Bacon	1 week
Chicken	1-2 days
Fish	1 week
Ground Beef	1-2 days
Hot Dogs	1-2 weeks
Lunch Meats	2 weeks
Pork Cops	3-5 days
Sausage	2 weeks

If you are not using raw meat within a few days, it is recommended to freeze it.

Frozen Items

Frozen items are safe to eat indefinitely. They simply have expiration dates for best quality.

Beverages

Carbonated Drinks	1 year
Coconut Milk	2-5 years
Coffee	2 years
Energy Drinks	6-9 months
Juice	2 years
Iced Bottled Tea	18-24 months
Nutritional Drinks	6 months

Produce

Apples	1-2 months
Avocados	3-5 days
Blueberries	1-2 weeks
Grapes	1-2 weeks
Melons	1-2 weeks
Potatoes	1-2 weeks
Salad Greens	7-10 days
Strawberries	2-3 days
Tomatoes	1-5 days

Dairy

Butter	1-2 months
Cheese	1-2 months
Cottage Cheese	1-2 weeks
Creamers	1 week
Eggs	4-5 weeks
Milk	1 week
Sour Cream	10-14 days
Yogurt	1-2 weeks

Soda/Pop	6-9 months
Sports Drinks	12-18 months

Refrigerated

Juice	1 Week
Lemonade	1 Week
Soy/Nut Milks	3-4 Weeks

*These dates are all based on unopened items

For any specific items not listed visit StillTasty.com or download the app pictured to the right.



Make sure to trust your gut. When in doubt, throw it out.