



# Second Harvest Shelf-life At-A-Glance

*Distribute prior to exceeding shelf-life so consumer has time to receive, store, and/or prepare foods.*

Most canned and boxed products are safe to eat long after the date on the container, and the shelf life of refrigerated and frozen foods can be extended if they are handled properly. Additional information can be found in the Second Harvest Food Bank Products Shelf Life Guide.

<b>Dairy and Cooler Items</b>	<b>Refrigerated</b>
Cheese, Cottage & Ricotta	10-15 days (do not freeze)
Cheese, hard	6 months
Cheese, soft	1-2 weeks
Cheese, processed	3-4 weeks
Eggs, in shell	4-5 weeks (do not freeze)
Egg in carton real or substitute	7 days
Margarine	6 months
Butter	2 months
Milk, Almond Milk (not shelf stable)	7 days
Coffee Creamer	2-3 weeks
Cream, Half & Half	3-4 days
Sour cream	2-3 weeks (do not freeze)
Yogurt	10-14 days
Pudding	1-2 days (do not freeze)
Salad dressing	3 months (do not freeze)
Dips	2 weeks (do not freeze)
Salsa/Hummus	7 days
Guacamole	3-4 days
Pesto/Sauces	3 days
Tofu	7 days
Juice	3 weeks
Sandwiches/Deli meals	Sell-by or Best-by date
Macaroni/Potato Salads	3-5 days (do not freeze)
Fruit, cut	Sell-by or Best-by date (freeze to extend shelf-life)
Cookie dough, Pies, Cakes	Sell-by or Best-by date (freeze to extend shelf-life)
<b>Meats, Raw &amp; Processed</b>	<b>Frozen</b>
Freeze meats by code date/freeze by date	If stored properly, safe to eat indefinitely
<b>Shelf-Stable Foods (Best Quality)</b>	<b>Storage Temp 30°F - 85°F</b>
Milk, shelf-stable	1 year
Juice, shelf-stable	9 months
Salad Dressing, shelf-stable	1 year
Sauces, shelf-stable	18 months
Canned Foods - Low acidity (soups, pastas, broths, cream sauce, gravy, vegetables)	5 years
Canned Foods - High acidity (Tomato-based, citrus, vinegar, pickled, fruit)	2 years
Peanut Butter	18 months
Flour, white	1 year
Flour, whole wheat	6 months
Pasta	2-3 years
Crackers	8 months
Cookies	4 months
<b>Produce</b>	<b>Always needs to be inspected for quality</b>
Discard if: 25% or more bruised, penetrating cuts, mushy, sprouting, gnaw marks, moldy, rancid	