



Is it still safe  
to eat?

# Expiration Dates

Information  
verified by the  
US Department of  
Agriculture

You can also use  
the FoodKeeper  
App or visit  
[foodsafety.gov](https://www.foodsafety.gov)  
for additional  
information

## What do they really mean?

**“Sell By”, “Best By”, “Expiration”, and “Use By”** dates are not indicators of food safety. Those dates simply indicate the manufacturer’s guarantee of best quality, not if the product is safe to consume.

The Palm Beach County Food Bank has created an easy to use expiration date guide with best practices for when food should be consumed by.

All of the information on the following pages is based on the standards and regulations set forth by the USDA.

Please join us in following this guide to ensure we are distributing safe to eat foods and helping to eliminate food waste.

\*Please keep in mind that these are guidelines and you should not consume product that contains mold, has developed a bad odor, or has not been stored properly.

# Expiration Date Guidelines

## Printed Date

Baby Food • Shelf-Stable Milk

## 1-2 Weeks Past

Fresh Bread • Yogurt • Tortillas • Pita • Pastries  
Refrigerated Deli Meats

## 1-2 Months Past

Refrigerated Cheese • Frozen Deli Meats  
Refrigerated Eggs in Shell

## 6 Months Past

Mayonnaise • Chocolate • Candy • Frozen Pastries  
Frozen Bread • Drinks (Except Milk & Water)

## 9 Months Past

Frozen Meat • Frozen Poultry

## 1 Year Past

Dry Goods • Pasta • Brown Rice • Cereals  
Sauces • Condiments • Baking Ingredients

## 2 Years Past

Canned Goods • Peanut Butter • Spices  
White Rice • Water



# Alphabetized Product List

Product	Past the Expiration Date
Applesauce	1 Year
Baby Food	0 Days
Baking Ingredients	1 Year
BBQ Sauce	1 Year
Bread	1-2 Weeks
Bread (Frozen)	6 Months
Bread Mix	1 Year
Brown Rice	1 Year
Cake Mix	1 Year
Candy	6 Months
Canned Food	2 Years
Canned Fruit	2 Years
Canned Meat	2 Years
Canned Soup	2 Years
Canned Vegetables	2 Years
Cereal	1 Year
Cheese (Refrigerated)	1-2 Months
Cheese (Hard)	6 Months
Chicken (Frozen)	9 Months
Chips (Potato/Tortilla)	1 Year
Chocolate	6 Months
Coke	6 Months
Condiments (Except Mayo)	1 Year
Crackers	1 Year
Cream of Wheat (Mix)	1 Year
Deli Meat (Refrigerated)	1-2 Weeks
Deli Meats (Frozen)	1-2 Months
Dried Fruit	1 Year
Drink Powder	1 Year
Drinks (Except Water and Milk)	6 Months
Dry Beans	1 Year
Dry Goods	1 Year
Eggs (In Shell/Refrigerated)	1-2 Months
Fish/Shellfish (Frozen)	3-6 Months
Flour	1 Year
Frosting	1 Year
Frozen Bread	6 Months
Frozen Chicken	9 Months
Frozen Deli Meats	1-2 Months
Frozen Fish/Shellfish	3-6 Months
Frozen Meat	9 Months
Frozen Pastries	6 Months
Frozen Poultry	9 Months
Gatorade	6 Months
Gelatin Cup	1 Year
Grits (Dry)	1 Year
Hard Cheese	6 Months

Product	Past the Expiration Date
Honey	2 Years
Icing	1 Year
Jams	1 Year
Jellies	1 Year
Jell-O	1 Year
Juice	6 Months
Ketchup	1 Year
Mayonnaise	6 Months
Meat (Frozen)	9 Months
Milk (Shelf-Stable)	0 Days
Mustard	1 Year
Oatmeal	1 Year
Pancake Mix	1 Year
Pasta (Dry)	1 Year
Pastries (Frozen)	6 Months
Pastries (Fresh)	1-2 Weeks
Peanut Butter	2 Years
Pickles	1 Year
Pita Bread	1-2 Weeks
Popcorn (Kernels)	1 Year
Poultry (Frozen)	9 Months
Powerade	6 Months
Preserves	1 Year
Pudding Cups	6 Months
Pudding Mix	1 Year
Refrigerated Bread	1-2 Weeks
Refrigerated Cheese	1-2 Months
Refrigerated Deli Meat	1-2 Weeks
Refrigerated Pastries	1-2 Weeks
Relish	1 Year
Rice (Brown)	1 Year
Rice (White)	2 Years
Salad Dressings	1 Year
Salt	2 Years
Sauce	1 Year
Shelf-Stable Milk	0 Days
Soda	6 Months
Spaghetti Sauce	1 Year
Spices	2 Years
Sprinkles	1 Year
Stuffing (Dry)	1 Year
Sugar	2 Years
Syrup	1 Year
Tortillas	1-2 Weeks
Water	2 Years
Yogurt	1-2 Weeks

