

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.

Canned Foods	Shelf Life After Date
Beans	5 years
Fish: salmon, tuna, sardines, mackerel	3 years
Frosting - canned	10 months
High-acid foods: fruit (including applesauce, juices) pickles, sauerkraut, baked beans w/mustard/vinegar, tomatoes, tomato-based soups & sauces	5 years
Low-acid foods: gravy, soups/broths that aren't tomato-based, pasta, stews, cream sauces vegetables (not tomatoes)	3 years
Meat: beef, chicken, pork, turkey	3 years

Dry Goods	Shelf Life After Date
Bread	7 days
Baking mixes	1 year
Beans, dried	1 year
Cereal, cold	1 year
Cookies: packaged	2 months
Flour: cake or all purpose	1 year
Whole wheat & other whole grains	6 months
Macaroni and Cheese	2 years
Oatmeal	12 months
Pancake Mix	9 months
Pasta, dry	2 years
Peanut Butter	18 months
Popcorn	2 years
Rice: brown	1 year
white	2 years
Rice or pasta meals (ex. Skillet dinners)	18 months
Sugar: white	2 years
Brown, light and dark	18 months

Shelf-Stable Beverages	Shelf Life After Date
Juice	1 year
Milk, non-fat dry	1 year
Milk, shelf stable UHT	6 months

Condiments	Shelf Life After Date
Barbecue sauce: bottled	1 year
Gravy: dry mixes	2 years
Jams, jellies, preserves	1 year
Ketchup, cocktail or chili sauce: jar, bottle or packet	1 year
Mayonnaise: jar bottle or packet	3 months
Molasses	2 years
Mustard: jar, bottle or packet	2 years
Olives	1 year
Pickles	1 year
Pancake syrup	2 years
Salad dressings: bottled	1 year
Salsa: bottled	1 year
Syrup	1 year
Worcestershire sauce	1 year

Miscellaneous	Shelf Life After Date
Beans, dried	12 months
Bouillon: beef and chicken	6 months
Candy: chocolate and all candy	2 years
Crackers, pretzels, potato chips	6 months
Nuts: Shelled	4 months
Unshelled	6 months
Oil: Olive, vegetable, cooking or salad	6 months
Vegetable shortening	3 months
Peanut butter	9 months
Shelf stable pudding, jello	2 months

Dairy & Cooler Items	Refrigerated	Frozen
Cheese, cottage	15 days	Freezes poorly
Cheese, hard	6 months	6 months
Cheese, soft	1 week	6 months
Cheese, processed	4 weeks	6 months
Eggs, in shell	5 weeks	Do not freeze

Margarine	6 months	12 months
Milk (not shelf stable)	1 week	1 months; use for cooking
Sour cream	2 weeks	Do not freeze
Yogurt	2 weeks	2 months

Fish/Seafood: Uncooked	Refrigerated	Frozen
Fatty fish (salmon, mackerel, perch, bluefish)	2 days	6 months
Lean fish (cod, flounder, sole, haddock, pollock)	2 days	12 months

Meats, Raw	Refrigerated	Frozen
Roasts, steaks, chops	5 days	1 year
Poultry: chicken or turkey, whole cuts	2 days	1 year
Ground Meats (beef, pork, lamb, or poultry)	2 days	9 months

Meats, Processed	Refrigerated	Frozen
Bacon, unopened	2 weeks	6 months
Chicken, Nuggets/Patties	2 days	3 months
Ham, unopened	2 weeks	1 year
Hot Dogs, unopened	2 weeks	9 months
Luncheon Meats, unopened	2 weeks	6 months