THE SHELF LIFE OF FOOD

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 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 voluntary 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.

BROCCOLI	2 days	7-14 days	8-12 months
CARROTS	Up to 4 days	4-5 weeks	8-12 months
CUCUMBERS	1-3 days	1 week	8-12 months
GREEN BEANS	1 day, not recommended	1 week	8-12 months
LETTUCE	1 day, not recommended	1 week	Do not freeze
POTATOES	1 month	3-4 months	8 months
TOMATOES	12-18 months	2 weeks	8-12 months
BACON	2 hours	2 weeks	4 months
BOLOGNA	2 hours	1-2 weeks	2-3 months
CHICKEN	2 hours	1-2 days	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

Foods unopened, sealed or uncooked unless stated otherwise	COUNTER/PANTRY (1 DAY → 1 MONTH)	REFRIGERATOR (1 DAY → 2 MONTHS)	FREEZER (1 MONTH → 1 YEAR)
APPLES	2-4 weeks	1-2 months	8-12 months
BANANAS	2-7 days	5-9 days	2-3 months
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
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
YOGURT	Few hours	2-3 weeks	1-2 months
HONEY	∞ Forever	∞ Forever, but not recommended	∞ 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, 2-5 days if opened	Do not freeze

SOURCES

USDA
FDA
shelflifeadvice.com
eatbydate.com
University of Kentucky College of Agriculture Recommended food storage times
http://ces.ca.uky.edu/uploads/Ham-Kiss/FN-SSB-005.pdf
Foodsafewerk.org
http://whatscooking.america.net/InformationAboutFreezerCharts.htm
http://www.nfsc.org/food/files/banned-food-JP.pdf
http://www.history-magazine.com/rotting.html
http://www.oldtimely.com
http://thum.org/documents/storyfiles/PDF/2011102202a751.pdf

DESIGN

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