

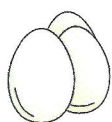
When should I eat this?

For freshness and quality, it is best to consume these food items within the listed timeframe from date.

Food date labels such as "USE BY", "SELL BY" or "BEST BY" are used to inform you on the freshness and quality of foods. Food is still safe to eat past these dates.

All infant formula, baby food and nutritional supplements are **not safe to eat** past their expiration date.

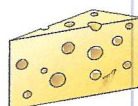
Perishable Foods



eggs
4-5 weeks



milk, milk alternatives
7 days

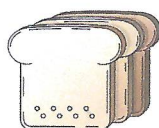


semi-hard cheeses
1-2 months



yogurt
1-2 weeks

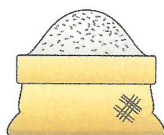
Dry and Canned Foods



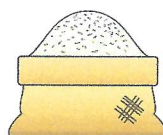
bread
7 days (6 months frozen)



tortillas
3-4 weeks



brown rice
12 months



white rice
2 years



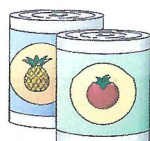
pasta
2-3 years



dry beans
1-2 years



cereal, oatmeal
6-12 months



high-acid canned foods
12-18 months

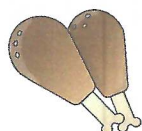


low-acid canned foods
2-3 years

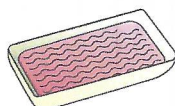


oil
1 year

Frozen Meats



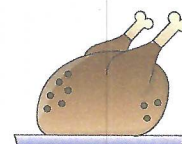
chicken parts
9 months



ground meat
3-4 months



lunch meat
2 months



whole chicken or turkey
12 months

