

PRODUCT SHELF LIFE LIST AS OF 2/1/06

**COMPILED BY THE
FOOD BANK
FROM NATIONAL
MANUFACTURERS**

(Pages 2-14)



Product Shelf Life List

| Product | Product Type | Extension period | Vendor | Effective Date | Remarks |
|--|--------------------|------------------|-----------|----------------|---------------------------|
| Apple Juice (canned) | Beverages | 18 months | N/A | 6/1/97 | |
| Apples & Applesauce (canned) | Fruit | 24 months | N/A | 6/1/97 | |
| Apricots (canned) | Fruit | 24 months | N/A | 6/1/97 | |
| Baby cereal Del Monte (oatmeal based) | Baby food | 30 days | Del Monte | 6/9/04 | Del Monte only |
| Baby cereal Del Monte (rice based) | Baby food | 60 days | Del Monte | 6/9/04 | Del Monte only |
| Baby food (jarred) Del Monte | Baby food | 0 days | Del Monte | 4/14/04 | Del Monte only |
| Bacon (frozen) | Meats | indefinitely | N/A | 12/23/03 | Until product appears bad |
| Bacon Bits (imitation) | Condiments | 4 months | N/A | 12/23/03 | |
| Bacon Oscar Meyer, Louis Rich | Meats | 60 days | Kraft | 3/1/03 | Kraft products only |
| Bagels (frozen) | Breads & Cereal | 2 months | N/A | 12/23/03 | |
| Bakers, Calumet, Certo, Everfresh Kraft | Baking Ingredients | 60 days | Kraft | 3/1/03 | Kraft products only |
| Bakery Mix Biscuit type | Breads & Cereal | 12 months | N/A | 6/1/97 | |
| Baking Powder | Baking Ingredients | 6 months | N/A | 12/23/03 | |
| BBQ sauce | Condiments | 12 months | N/A | 12/23/03 | |
| Beans (canned) | Vegetables | 5 years | N/A | 12/23/03 | |
| Beans, dried | Legumes | 12 months | N/A | 12/23/03 | |
| Beans-canned (all types) | Legumes | 36 months | N/A | 6/1/97 | |
| Beans-dry (all types) | Legumes | 12 months | N/A | 6/1/97 | |
| Beans-vegetarian canned | Legumes | 24 months | N/A | 6/1/97 | |
| Beef (canned) | Meats | 36 months | N/A | 6/1/97 | |
| Beef (frozen) | Meats | indefinitely | N/A | 12/23/03 | Until product appears bad |
| Beef patties (frozen) | Meats | indefinitely | N/A | 6/1/97 | Until product appears bad |
| Beef roast (frozen) | Meats | indefinitely | N/A | 6/1/97 | Until product appears bad |
| Beef-ground (frozen) | Meats | indefinitely | N/A | 6/1/97 | Until product appears bad |
| Biscuit or pancake mix | Baking Ingredients | 15 months | N/A | 12/23/03 | |
| Blackberries/Blueberries (Frozen) | Fruit | 18 months | N/A | 6/1/97 | |
| Bread dough (frozen) | Breads & Cereal | 0 days | N/A | 12/23/03 | |
| Bread mixes | Baking Ingredients | 18 months | N/A | 12/23/03 | |
| Breakfast drink (shelf stable dairy product) | Dairy | 6 months | N/A | 5/26/05 | Website info |

| Product | Product Type | Extension period | Vendor | Effective Date | Remarks |
|---|---------------------|--|---------------|-----------------------|---|
| Burritos (frozen) | Entrees | 2 months | N/A | 12/23/03 | Until product appears bad |
| Butter | Dairy | 3 months | N/A | 12/23/03 | 9 months frozen |
| Butter & Margarine (Fleischmann's Blue Bonnet & Parkay) | Dairy | 30 days | Nabisco | 4/13/04 | Nabisco only |
| Butter & Margarine, flavored spreads | Dairy | 60 days | Land O' Lakes | 3/1/03 | Land O'Lakes only |
| Cakes & brownie mixes | Baking Ingredients | 18 months | N/A | 12/23/03 | |
| Cappucino Kraft | Beverages | 60 days | Kraft | 3/1/03 | Kraft products only |
| Capri Sun Kraft | Beverages | 18 days (dry mix) 60 days (bottles or pouches) | Kraft | 3/1/03 | Kraft products only |
| Carmel Corn w/ nuts | Snacks | 90 days | N/A | 4/25/05 | Website info |
| Carrots (canned) | Vegetables | 5 years | N/A | 12/23/03 | |
| Carrots (canned) | Vegetables | 30 months | N/A | 6/1/97 | |
| Catsup | Condiments | 18 months | N/A | 6/1/97 | |
| Cereal - All types | Breads & Cereal | 12 months | N/A | 6/1/97 | |
| Cereal (2 lb or greater plastic bags) Kellogg | Breads & Cereal | 15 months | Kellogg's | 3/7/03 | Good for 15 months from manufacture date. |
| Cereal (family-sized) Kellogg | Breads & Cereal | 90 days | Kellogg's | 3/7/03 | Kellogg only |
| Cereal (small boxes (2.0 oz or less)) Kellogg | Breads & Cereal | 12 months | Kellogg's | 3/7/03 | Good for 12 months from manufacture date. |
| Cereal, cook before eating | Breads & Cereal | 12 months | N/A | 12/23/03 | |
| Cereal, ready-to-eat | Breads & Cereal | 12 months | N/A | 12/23/03 | |
| Cereals (Post brand) | Breads & Cereal | 60 days | Kraft | 3/1/03 | Kraft products only |
| Cheese (American, Cheddar, Mozzarella) | Dairy | 12 months | N/A | 6/1/97 | |
| Cheese (hard) | Dairy | 6 months | N/A | 12/23/03 | |
| Cheese (Natural & Processed) | Dairy | 45 days | Land O' Lakes | 3/1/03 | Land O'Lakes only |
| Cheese- cottage | Dairy | 1 week | N/A | 12/23/03 | |
| Cheese- Grated (Kraft) | Dairy | 60 days | Kraft | 3/1/03 | Kraft Cheese products only |
| Cheese Sauces #10 cans & 9 oz cans | Dairy | 12 months | Land O' Lakes | 3/1/03 | Land O'Lakes only |
| Cheese- sliced, & Pollio | Dairy | 30 days | Kraft | 3/1/03 | Kraft Cheese products only |
| Cheese Whiz Kraft | Dairy | 60 days | Kraft | 3/1/03 | Kraft Cheese products only |
| Cheesecake (KraftO | Dairy | 60 days | Kraft | 3/1/03 | Kraft Cheese products only |
| Cherries (frozen) | Fruit | 24 months | N/A | 6/1/97 | |
| Chicken (canned) | Meats | 2-5 years | N/A | 12/23/03 | |

| Product | Product Type | Extension period | Vendor | Effective Date | Remarks |
|--|---------------------|-------------------------|---------------|-----------------------|---|
| Chicken- fried (frozen) | Meats | indefinitely | N/A | 12/23/03 | Until product appears bad |
| Chicken- ground (frozen) | Meats | indefinitely | N/A | 12/23/03 | Until product appears bad |
| Chicken nuggets (frozen) | Meats | indefinitely | N/A | 12/23/03 | Until product appears bad |
| Chicken parts (frozen) | Meats | indefinitely | N/A | 6/1/97 | Until product appears bad |
| Chicken- parts (frozen) | Meats | indefinitely | N/A | 12/23/03 | Until product appears bad |
| Chicken thighs (frozen) | Meats | indefinitely | N/A | 6/1/97 | Until product appears bad |
| Chicken- whole (frozen) | Meats | indefinitely | N/A | 12/23/03 | Until product appears bad |
| Chicken-Cut up (frozen) | Meats | indefinitely | N/A | 6/1/97 | Until product appears bad |
| Chicken-diced (frozen) | Meats | indefinitely | N/A | 6/1/97 | Until product appears bad |
| Chili Sauce | Condiments | 12 months | N/A | 12/23/03 | |
| Chocolate | Candy | 18-24 months | N/A | 12/23/03 | |
| Chocolate syrup | Desserts | 24 months | N/A | 12/23/03 | |
| Citrus products (guava, kiwi-strawberry) Ocean Spray | Beverages | 30 days | Ocean Spray | 3/1/03 | Ocean Spray only |
| Cocktail sauce | Condiments | 12 months | N/A | 12/23/03 | |
| Cocoa & cocoa mixes | Desserts | indefinitely | N/A | 12/23/03 | |
| Coffee (ground in cans) | Beverages | 24 months | N/A | 12/23/03 | |
| Coffee (instant) | Beverages | 12 months | N/A | 12/23/03 | |
| Coffee (starbucks) Kraft | Beverages | 365 | Kraft | 3/1/03 | Kraft products only - onsite only |
| Coffee Creamer (liquid/non-dairy) | Beverages | 9 months | N/A | 5/26/05 | Non-dairy only |
| Coffee Kraft brands (see remarks) | Beverages | 180 days | Kraft | 3/1/03 | Kraft brands (Burlaps, Gen. Foods, Hotel & Rest., Jedi, Maxwell House, Origins, Sanka, Office Coffee Systems) |
| Cooked fish (frozen) | Seafood | 6 months | N/A | 12/23/03 | |
| Cookies | Snacks | 8 months | | | |
| Cookies (Bakery type) | snacks | 2 months | N/A | 12/23/03 | |
| Cookies Keebler | Snacks | 4 months | Keebler | 3/7/03 | Keebler only |
| Cooking oil | Baking Ingredients | 6 months | N/A | 12/23/03 | |
| Cooking oil- spray | Baking Ingredients | 2 years | N/A | 12/23/03 | |
| Corn (canned) | Vegetables | 5 years | N/A | 12/23/03 | |
| Corn (cream) | Vegetables | 36 months | N/A | 6/1/97 | |
| Corn Flake Crumbs & Croutettes Kellogg | Breads & Cereal | 27 months | Kellogg's | 3/7/03 | Good for 27 months from manufacture date. |

| Product | Product Type | Extension period | Vendor | Effective Date | Remarks |
|--|--------------------|--|--------------------|----------------|--|
| Corned beef (with pickling juices) (frozen) | Meats | indefinitely | N/A | 12/23/03 | Until product appears bad |
| Cornmeal | Baking Ingredients | 12 months | N/A | 12/23/03 | |
| Cornmeal | Breads & Cereal | 12 months | N/A | 6/1/97 | |
| Cornstarch | Baking Ingredients | 18 months | N/A | 12/23/03 | |
| Corn-whole kernel (canned) | Vegetables | 36 months | N/A | 6/1/97 | |
| Country Time Kraft | Beverages | 18 days (dry mix) 60 days (bottles or pouches) | Kraft | 3/1/03 | Kraft products only |
| Cracker Jacks | Snacks | 90 days | N/A | 4/25/05 | Website info |
| Crackers | snacks | 8 months | N/A | 12/23/03 | |
| Crackers (Handi Snack, Snack Box) | Snacks | 60 days | Kraft | 3/1/03 | Kraft products only |
| Crackers Keebler | Snacks | 4 months | Keebler | 3/7/03 | Keebler only |
| Craisins | snacks | 120 days | Ocean Spray | 3/1/03 | Ocean Spray only |
| Cranberry and other sauces Ocean Spray | Sides | 90 days | Ocean Spray | 3/1/03 | Ocean Spray only |
| Crayfish (frozen) | Seafood | 6 months | N/A | 12/23/03 | |
| Cream Cheese, Natural Cheese (Chunks/bars) Churney Cheese, Kraft | Dairy | 30 days | Kraft | 3/1/03 | Kraft Cheese products only |
| Cream of Wheat, Cream of Rice Kraft | Breads & Cereal | 60 days | Kraft | 3/1/03 | Kraft products only |
| Dates (frozen) | Fruit | 12 months | N/A | 6/1/97 | |
| Dijonnaise Hellmann's | Condiments | 12 months | Unilever Bestfoods | 1/19/06 | Hellmann's only, 3 month extension - Network Connection - Volume 2, Issue 3 |
| Dream Whip (Kraft) | Desserts | 60 days | Kraft | 3/1/03 | Kraft products only |
| Dressings (Taste of Life, Seven Seas, Good Seasons) Kraft | Condiments | 60 days | Kraft | 3/1/03 | Kraft products only |
| Dry packaged desserts (Jell-o, No bake) Kraft | Desserts | 60 days | Kraft | 3/1/03 | Kraft products only |
| Dry soups/bullion/dips Knorr only | Soups | 12 months | Unilever Bestfoods | 1/19/06 | Knorr's only, 6 month extension - Network Connection - Volume 2, Issue 3 |

| Product | Product Type | Extension period | Vendor | Effective Date | Remarks |
|------------------------------------|---------------------|-------------------------|---------------|-----------------------|--|
| Duck- whole (frozen) | Meats | 6 months | N/A | 12/23/03 | Until product appears bad |
| Egg beaters (Fleischmann's) | Dairy | 0 days | Nabisco | 4/13/04 | Nabisco only |
| Egg mix (dried) | Dairy | 15 months | N/A | 6/1/97 | |
| Egg substitutes (frozen) | Dairy | 12 months | N/A | 12/23/03 | |
| Eggo waffles & pancakes | Breads & Cereal | 15 months | Kellogg's | 3/7/03 | Goo for 15 months from manufacture date. |
| Figs-dried | Fruit | 18 months | N/A | 6/1/97 | |
| Fish (canned) | Meats | 2-5 years | N/A | 12/23/03 | |
| Fish nuggets (frozen) | Meats | indefinitely | N/A | 6/1/97 | Until product appears bad |
| Fish-breaded (frozen) | Seafood | indefinitely | N/A | 12/23/03 | Until product appears bad |
| Fish-raw (frozen) | Seafood | indefinitely | N/A | 12/23/03 | Until product appears bad |
| Flour - All types | Breads & Cereal | 12 months | N/A | 6/1/97 | |
| Flour- Wheat | Baking Ingredients | 1 month | N/A | 12/23/03 | 6-8 months in refrigerator |
| Flour- White | Baking Ingredients | 12 months | N/A | 12/23/03 | |
| Frosting- canned | Baking Ingredients | 10 months | N/A | 12/23/03 | |
| Frosting mixes | Baking Ingredients | 12 months | N/A | 12/23/03 | |
| Frozen toppings Kraft | Dairy | 60 days | Kraft | 3/1/03 | Kraft products only |
| Fruit Snacks | Snacks | 6 months | N/A | 4/21/05 | Fresh to 8 weeks past sell by date, good to at least 6 months. |
| Fruits - canned | Fruit | 18 months | N/A | 12/23/03 | |
| Fruits- dried | Fruit | 6 months | N/A | 12/23/03 | |
| Fruits-berries, melons (frozen) | Fruit | 6 months | N/A | 12/23/03 | |
| Garlic, chopped (jars) | Baking Ingredients | 18 months | N/A | 12/23/03 | |
| Gatorade | Beverages | 9 months | N/A | 5/17/05 | Website info |
| Gelatin, flavored | Desserts | 18 months | N/A | 12/23/03 | |
| Gelatin, unflavored | Desserts | 3 years | N/A | 12/23/03 | |
| Giblets (frozen) | Meats | indefinitely | N/A | 12/23/03 | Until product appears bad |
| Goose- whole (frozen) | Meats | indefinitely | N/A | 12/23/03 | Until product appears bad |
| Grape Juices (canned) | Beverages | 12 months | N/A | 6/1/97 | |
| Grapefruit Juice (canned) | Beverages | 24 months | N/A | 6/1/97 | |

| Product | Product Type | Extension period | Vendor | Effective Date | Remarks |
|---------------------------------------|---------------------|-------------------------|---------------|-----------------------|--|
| Gravy- dry mixes | Baking Ingredients | 2 years | N/A | 12/23/03 | |
| Green Beans (canned) | Vegetables | 24 months | N/A | 6/1/97 | |
| Grits-Corn | Breads & Cereal | 12 months | N/A | 6/1/97 | |
| Ground meat (frozen) | Meats | indefinitely | N/A | 12/23/03 | Until product appears bad |
| Guacamole | Condiments | 4 months | N/A | 12/23/03 | |
| Gummy Bears | Snacks | 6 months | N/A | 4/21/05 | Fresh to 8 weeks past sell by date, good to at least 6 months. |
| Ham-- Honey-Baked John Morrell | Meat | N/A | John Morrell | 3/1/03 | For on-site feeding only (John Morrell hams only) |
| Ham, whole cooked (Frozen) | Meats | indefinitely | N/A | 12/23/03 | Until product appears bad |
| Ham-boneless (frozen) | Meats | indefinitely | N/A | 6/1/97 | Until product appears bad |
| Ham-canned (refrigerated) | Meats | 9 months | N/A | 12/23/03 | |
| Herbs- dried | Baking Ingredients | 2 years | N/A | 12/23/03 | |
| Horseradish & Chutney sauces | Condiments | 12 months | N/A | 12/23/03 | |
| Hot Chocolate, Cappucino Kraft | Beverages | 60 days | Kraft | 3/1/03 | Kraft products only |
| Hot Dogs (Oscar Meyer, Louis Rich) | Meats | 60 days | Kraft | 3/1/03 | Kraft products only |
| Hot Dogs (sealed in package) (Frozen) | Meats | indefinitely | N/A | 12/23/03 | Until product appears bad |
| Ice cream | Desserts | 4 months | N/A | 12/23/03 | |
| Ice cream cones Keebler | snacks | 4 months | Keebler | 3/7/03 | Keebler only |
| Ice Cream Cones Keebler | Snacks | 4 months | Keebler | 3/7/03 | Keebler only |
| Infant Formula | Baby food | 0 days | Nestle's | 3/1/03 | Good Start, Follow-up and Carnation Alsoy brands |
| Jello (ready to eat) | Desserts | 30 days | Kraft | 3/1/03 | Kraft products only |
| Jelly & Jams | Condiments | 12 months | N/A | 12/23/03 | |
| Juice- Knudsen Sparkling | Beverages | 2 yrs | | | 2 yrs from manufacture |
| Juices - canned | Beverages | 18 months | N/A | 12/23/03 | |
| Juicy Juice (cans) | Beverages | 12 months | Nestle's | 3/1/03 | |
| Juicy Juice (little boxes) | Beverages | 3 months | Nestle's | 3/16/03 | Offer # N160056 of 3/15/05 showed 6 months ext |
| JuicyJuice (bottles) | Beverages | 6 months | Nestle's | 5/24/04 | |
| Ketchup | Condiments | 18 months | N/A | 6/1/97 | |

| Product | Product Type | Extension period | Vendor | Effective Date | Remarks |
|--|--------------------|------------------|--------------------|----------------|--|
| Kraft Meals (Lunchbreaks) | Entrees | 60 days | Kraft | 3/1/03 | Kraft products only |
| Lamb (frozen) | Meats | indefinitely | N/A | 12/23/03 | Until product appears bad |
| Lemon Juice (frozen concentrate) | Beverages | 18 months | N/A | 6/1/97 | |
| Lentils, dried | Legumes | 12 months | N/A | 12/23/03 | |
| Liquid Marinade and Stir Fry, Lawry | Baking Ingredients | 1 year | Unilever Bestfoods | 1/19/06 | Lawry's only, 3 month extension - Network Connection - Volume 2, Issue 3 |
| Liver, tongue, chitterlings (Variety meats) (frozen) | Meats | indefinitely | N/A | 12/23/03 | Until product appears bad |
| Lobster tails | Seafood | 3 months | N/A | 12/23/03 | |
| Lunch Meats (sealed in package) (Frozen) | Meats | indefinitely | N/A | 12/23/03 | Until product appears bad |
| Lunchables (Oscar Mayer) | Meats | 60 days | Kraft | 3/1/03 | Lunchables containing can drinks cannot be frozen |
| Luncheon meat (canned) | Meats | 36 months | N/A | 6/1/97 | |
| M&M and Mars | Candy | 4 weeks | M&M and Mars | 3/1/03 | M&M and Mars only |
| Mac n' cheese & Liquid Dinners Kraft Dinners | Entrees | 60 days | Kraft | 3/1/03 | Kraft products only |
| Macaroni/Spaghetti | Breads & Cereal | 36 months | N/A | 6/1/97 | |
| Margarine | Dairy | 5 months | N/A | 12/23/03 | 12 months frozen |
| Marshmallows | Desserts | 4 months | N/A | 12/23/03 | |
| Mayo, Miracle Whip, Sauceworks Kraft | Condiments | 60 days | Kraft | 3/1/03 | Kraft products only |
| Mayonnaise | Condiments | 3 months | N/A | 12/23/03 | |
| Mayonnaise Hellmann's | Condiments | 3 months | Unilever Bestfoods | 1/19/06 | Hellmann's only, 3 month extension - Network Connection - Volume 2, Issue 3 |
| Meat (canned) | Meats | 2-5 years | N/A | 12/23/03 | |
| Meats (sandwich & deli type) Oscar Meyer, Louis Rich | Meats | 60 days | Kraft | 3/1/03 | Kraft products only |
| Milk half & half | Dairy | 0 days | Land O'Lakes | 3/1/03 | Land O'Lakes only |
| Milk, canned evaporated | Dairy | 12 months | N/A | 12/23/03 | |
| Minute Rice (Kraft) | Sides | 60 days | Kraft | 3/1/03 | Kraft products only |
| Minute Rice Kraft | Desserts | 60 days | Kraft | 3/1/03 | Kraft products only |

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|---|--------------------|------------------|--------------------|----------------|---|
| Molasses | Baking Ingredients | 12 months | N/A | 12/23/03 | |
| Mushrooms, dried | Vegetables | 6 months | N/A | 12/23/03 | |
| Mustard | Condiments | 12 months | N/A | 12/23/03 | |
| Nuts, jars or cans | snacks | 12 months | N/A | 12/23/03 | |
| Oats Rolled | Breads & Cereal | 12 months | N/A | 6/1/97 | |
| Olive Oil Bertelli | Baking Ingredients | 60 days | Unilever Bestfoods | 1/19/06 | Bertelli Olive Oil only, no extension - Network Connection - Volume 2, Issue 3 |
| Olives, black & green | Condiments | 18 months | N/A | 12/23/03 | |
| Orange Juice (canned) | Beverages | 24 months | N/A | 6/1/97 | |
| Oysters (frozen) | Seafood | 6 months | N/A | 12/23/03 | |
| Pancakes/waffles (frozen) | Entrees | 2 months | N/A | 12/23/03 | |
| Pasta & Sauce (DiGiorno) | Entrees | 60 days | Kraft | 3/1/03 | Kraft must be frozen to apply 60 day extension |
| Pasta (canned) | Vegetables | 5 years | N/A | 12/23/03 | |
| Pasta- dry packaged | Entrees | 2 years | N/A | 12/23/03 | |
| Pasta Salads Kraft | Entrees | 60 days | Kraft | 3/1/03 | Kraft products only |
| Pasta Sauce Bertelli & Ragu | Sauces | 60 days | Unilever Bestfoods | 1/19/06 | Ragu and Bertelli Pasta Sauces only, extension 60 days past the printed use by date - Network Connection - Volume 2, Issue 3 |
| Peaches (canned) | Fruit | 24 months | N/A | 6/1/97 | |
| Peanut Butter | Condiments | 18 months | N/A | 6/1/97 | |
| Peanut Butter Skippy, in plastic containers | Condiments | 18 months | Unilever Bestfoods | 1/19/06 | Skippy only, 5 month extension - Network Connection - Volume 2, Issue 3 |
| Peanut Butter Stix Skippy | Condiments | 18 months | Unilever Bestfoods | 1/19/06 | Skippy only, 3 month extension - Network Connection - Volume 2, Issue 3 |
| Peanuts (shelled) | Legumes | 24 months | N/A | 6/1/97 | |
| Pears (canned) | Fruit | 18 months | N/A | 6/1/97 | |
| Peas (canned) | Legumes | 36 months | N/A | 6/1/97 | |
| Peas (canned) | Vegetables | 5 years | N/A | 12/23/03 | |
| Peas (frozen) | Legumes | indefinitely | N/A | 6/1/97 | Until product appears bad |
| Peas-Blackeyed (canned) | Legumes | 36 months | N/A | 6/1/97 | |
| Peas-canned & split dry | Legumes | 12 months | N/A | 6/1/97 | |
| Phillie snack bars | Dairy | 30 days | Kraft | 3/1/03 | Kraft products only |

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|--|---------------------|-------------------------------------|---------------|-----------------------|---|
| Pickles (Claussen) | Condiments | 30 days | Kraft | 3/1/03 | Kraft products only |
| Pickles, Sauerbraut-canned | Condiments | 18 months | N/A | 12/23/03 | |
| Pie Crust Keebler | Snacks | 4 months | Keebler | 3/7/03 | Keebler only |
| Pie crusts & cones Keebler | Snacks | 4 months | Keebler | 3/7/03 | Keebler only |
| Pineapple (canned) | Fruit | 24 months | N/A | 6/1/97 | |
| Pineapple Juice (canned) | Beverages | 24 months | N/A | 6/1/97 | |
| Pizza (Tombstone, DiGiorno, Jack's & California Kitchen) | Pizza | 30 days (labeled 90 days unlabeled) | Kraft | 3/1/03 | Kraft products only |
| Plums (canned) | Fruit | 18 months | N/A | 6/1/97 | |
| Popcorn (dry in jar) | snacks | 2 years | N/A | 12/23/03 | |
| Popcorn (microwave) | snacks | 12 months | N/A | 12/23/03 | |
| Pork (frozen) | Meats | indefinitely | N/A | 12/23/03 | Until product appears bad |
| Pork (canned) | Meats | 36 months | N/A | 6/1/97 | |
| Potato chips | snacks | 2 months | N/A | 12/23/03 | |
| Potatoes (canned) | Vegetables | 5 years | N/A | 12/23/03 | |
| Potatoes (dehydrated can) | Vegetables | 12 months | N/A | 6/1/97 | |
| Potatoes (dehydrated package) | Vegetables | 6 months | N/A | 6/1/97 | |
| Potatoes (frozen) | Vegetables | indefinitely | N/A | 6/1/97 | Until product appears bad |
| Potatoes, instant | Vegetables | 12 months | N/A | 12/23/03 | |
| Poultry- cooked (frozen) | Meats | indefinitely | N/A | 12/23/03 | Until product appears bad |
| YooHoo drinks | Beverages | see comments | | | Product doesn't come with sell-by date because yoo-hoo website states that product does not go bad (airtight containers). |
| Prunes (dried) | Fruit | 9 months | N/A | 6/1/97 | |
| Pudding (Kraft) | Desserts | 60 days | Kraft | 3/1/03 | Kraft products only |
| Pudding mixes | Desserts | 12 months | N/A | 12/23/03 | |
| Pudding/Gelatin (Handi Snack Desserts) Kraft | Desserts | 60 days | Kraft | 3/1/03 | Kraft products only |
| Raisins | Fruit | 9 months | N/A | 6/1/97 | |
| Refried Beans (Kraft) | Sides | 120 days | Kraft | 3/1/03 | Kraft products only |
| Refrigerated Drinks-Assorted (glass) Ocean Spray | Beverages | 90 days | Ocean Spray | 3/1/03 | Ocean Spray only |

| Product | Product Type | Extension period | Vendor | Effective Date | Remarks |
|--|---------------------|-------------------------|--------------------|-----------------------|--|
| Refrigerated Drinks- Citrus (plastic bottles) Ocean Spray | Beverages | 30 days | Ocean Spray | 3/1/03 | Ocean Spray only |
| Refrigerated juices (Tropicana) | Beverages | 7 days | Tropicana | 3/16/04 | Tropicana only |
| Refrigerated Non-citrus drinks- Assorted (plastic & can) Ocean Spray | Beverages | 60 days | Ocean Spray | 3/1/03 | Ocean Spray only |
| Rice, brown | Sides | 1 year | N/A | 12/23/03 | |
| Rice, flavored or herb | Sides | 6 months | N/A | 12/23/03 | |
| Rice, white or wild | Sides | 2 years | N/A | 12/23/03 | |
| Rotisserie chicken (frozen) | Meats | 4 months | N/A | 12/23/03 | |
| Salad dressings (bottled) | Condiments | 12 months | N/A | 12/23/03 | |
| Salad dressings (bottled) Wish-Bone | Condiments | 12 months | Unilever Bestfoods | 1/19/06 | Wish-Bone only, - Network Connection - Volume 2, Issue 3 |
| Salmon Pink (canned) | Meats | 36 months | N/A | 6/1/97 | |
| Salsa | Condiments | 24 months | N/A | 6/1/97 | |
| Salsa, picante, taco sauces | Condiments | 12 months | N/A | 12/23/03 | |
| Sauces (Bull's Eye, BBQ) Kraft | Condiments | 60 days | Kraft | 3/1/03 | Kraft products only |
| Sauces (cream with milk) | Baking Ingredients | 1 year | N/A | 12/23/03 | |
| Sauces, Hellmann's | Sauces | 12 months | Unilever Bestfoods | 1/19/06 | Hellmann's only, 3 month extension - Network Connection - Volume 2, Issue 3 |
| Sausage- patties & smoked links (frozen) | Meats | indefinitely | N/A | 12/23/03 | Until product appears bad |
| Sausage- raw (frozen) | Meats | indefinitely | N/A | 12/23/03 | Until product appears bad |
| Sausages (frozen) | Meats | indefinitely | N/A | 12/23/03 | Until product appears bad |
| Scallops (frozen) | Seafood | indefinitely | N/A | 12/23/03 | Until product appears bad |
| Seasonings, dry Adolph's | Baking Ingredients | 2 years | Unilever Bestfoods | 1/19/06 | Adolph's only, 6 month extension - Network Connection - Volume 2, Issue 3 |
| Seasonings, liquid Adolph's | Baking Ingredients | 1 year | Unilever Bestfoods | 1/19/06 | Adolph's only, 3 month extension - Network Connection - Volume 2, Issue 3 |

| Product | Product Type | Extension period | Vendor | Effective Date | Remarks |
|--|---------------------|-------------------------|--------------------|-----------------------|--|
| Shortening | Baking Ingredients | 8 months | N/A | 12/23/03 | |
| Shrimp | Seafood | 12 months | N/A | 12/23/03 | |
| Side dishes/deli salads Country Crock | Sides | 60 days | Unilever Bestfoods | 1/19/06 | Country Crock only, no extension - Network Connection - Volume 2, Issue 3 |
| <u>Slim-Fast - all products</u> | various | various | Unilever Bestfoods | 1/19/06 | Slim-Fast, 2 month extension on all products - Network Connection - Volume 2, Issue 3 |
| Snack Bars Skippy | Snacks | 6 months | Unilever Bestfoods | 1/19/06 | Skippy only, 2 month extension - Network Connection - Volume 2, Issue 3 |
| Soda- carbonated canned | Beverages | 9 months | N/A | 12/23/03 | |
| Soup - aseptic-pack Knorr | Soups | 12 months | Unilever Bestfoods | 1/19/06 | Knorr's only, 6 month extension - Network Connection - Volume 2, Issue 3 |
| Soup mixes | Soups | 12 months | N/A | 12/23/03 | |
| Soups (canned) | Soups | 5 years | N/A | 12/23/03 | |
| Soups (Del Monte private label soups) | Soups | 12 months* | Del Monte | 4/14/04 | *Good for 3 yrs from manufacturer date (whichever is longer) |
| Soups and Liquid broths Knorr only | Soups | 5 years | Unilever Bestfoods | 1/19/06 | Knorr's only, 3 month extension - Network Connection - Volume 2, Issue 3 |
| Soups dry mix Lipton | Soups | 12 months | Unilever Bestfoods | 1/19/06 | Lipton only, 6 month extension - Network Connection - Volume 2, Issue 3 |
| Soy milk | Dairy | 12 months | | 7/29/05 | |
| Spaghetti sauce mix | Sauces | 2 years | N/A | 12/23/03 | |
| Spices | Baking Ingredients | 3 years | N/A | 12/23/03 | |
| Spices red pepper, chili powder | Baking Ingredients | 2 years | N/A | 12/23/03 | |
| Spinach (canned) | Vegetables | 5 years | N/A | 12/23/03 | |

| Product | Product Type | Extension period | Vendor | Effective Date | Remarks |
|---|---------------------|--|--------------------|-----------------------|---|
| Spreads, Refrigerated Promise | Dairy | 60 days | Unilever Bestfoods | 1/19/06 | Promise only, 2 month extension - Network Connection - Volume 2, Issue 3 |
| Squeeze-It Skippy | Condiments | 18 months | Unilever Bestfoods | 1/19/06 | Skippy only, 2 month extension - Network Connection - Volume 2, Issue 3 |
| Steaks & Roasts (frozen) | Meats | 12 months | N/A | 12/23/03 | |
| Stew (canned) | Meats | 2-5 years | N/A | 12/23/03 | |
| Stove Top Classics | Entrees | 60 days | Kraft | 3/1/03 | Kraft products only |
| Stove Top Stuffing | Sides | 60 days | Kraft | 3/1/03 | Kraft products only |
| Sugar substitutes | Baking Ingredients | 2 years | N/A | 12/23/03 | |
| Sugar, brown | Baking Ingredients | 4 months | N/A | 12/23/03 | |
| Sugar, granulated | Baking Ingredients | 2 years | N/A | 12/23/03 | |
| Sure-Jell | Desserts | 60 days | Kraft | 3/1/03 | Kraft products only |
| Sweet potatoes (canned) | Vegetables | 24 months | N/A | 6/1/97 | |
| Syrup- Maple | Condiments | 12 months | N/A | 12/23/03 | |
| Taco Bell Kits, shells, tortillas Kraft | Entrees | 60 days | Kraft | 3/1/03 | Kraft products only |
| Taco Bell red sauces, salsa con queso, seasonings Kraft | Baking Ingredients | 120 days | Kraft | 3/1/03 | Kraft products only |
| Taco sauce mix | Baking Ingredients | 2 years | N/A | 12/23/03 | |
| Tang drink & Health Quenchers Kraft | Beverages | 18 days (dry mix) 60 days (bottles or pouches) | Kraft | 3/1/03 | Kraft products only |
| Tapioca (Kraft) | Desserts | 60 days | Kraft | 3/1/03 | Kraft products only |
| Tea Instant | Beverages | 3 years | N/A | 12/23/03 | |
| Tea Instant mixes Lipton | Beverages | 3 years | Unilever Bestfoods | 1/19/06 | Lipton only, 6 month extension - Network Connection - Volume 2, Issue 3 |
| Toaster pastries (fruit filled) | Desserts | 6 months | N/A | 12/23/03 | |
| Tomato paste | Vegetables | 24 months | N/A | 6/1/97 | |

| Product | Product Type | Extension period | Vendor | Effective Date | Remarks |
|--|---------------------|-------------------------|---------------|-----------------------|---|
| Tomatoes (canned) | Vegetables | 24 months | N/A | 6/1/97 | |
| Turkey ground (frozen) | Meats | indefinitely | N/A | 6/1/97 | |
| Turkey Roasts (frozen) | Meats | indefinitely | N/A | 6/1/97 | Until product appears bad |
| Turkey Whole (frozen) | Meats | indefinitely | N/A | 6/1/97 | Until product appears bad |
| Turkey-parts (frozen) | Meats | indefinitely | N/A | 12/23/03 | Until product appears bad |
| TV dinners | Entrees | 3 months | N/A | 12/23/03 | Until product appears bad |
| Vanilla, lemon, all extracts | Baking Ingredients | 3 years | N/A | 12/23/03 | |
| Wheat Quick Rolled | Breads & Cereal | 12 months | N/A | 6/1/97 | |
| Whipped topping | Desserts | 6 months | N/A | 12/23/03 | |
| Worcestershire sauce | Condiments | 1 year | N/A | 12/23/03 | |
| Yogurt & Yoplait General Mills | Dairy | None | General Mills | 4/13/04 | Do not freeze |
| Yogurt, Sour Cream, Cottage Cheese, Dips- Sour cream based Kraft | Dairy | 15 days | Kraft | 3/1/03 | Kraft (Breyers, Cool-Whip, Jello, Knudsen, Light n' Lively, Breakstone) |
| | | | | | |
| | | | | | |



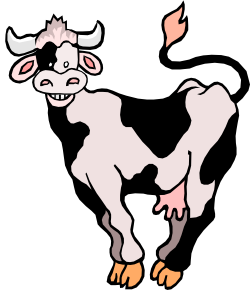
STORING CHICKEN

If properly packaged, these recommended storage times will keep chicken at top quality.

| <i>Fresh Raw Chicken</i> | | |
|--|----------------------------|----------------------|
| Part of Chicken | Refrigerator (40°F) | Freezer (0°F) |
| Whole chicken | 1-2 days | 1 year |
| Chicken parts | 1-2 days | 9 months |
| Giblets | 1-2 days | 3-4 months |
| Ground chicken | 1-2 days | 3-4 months |
| | | |
| <i>Cooked Chicken Leftovers</i> | | |
| <i>Type of Chicken</i> | Refrigerator (40°F) | Freezer (0°F) |
| Fried chicken | 3-4 days | 4 months |
| Whole roasted chicken | 3-4 days | 4 months |
| Cooked chicken dishes | 3-4 days | 4-6 months |
| Chicken parts (plain) | 3-4 days | 4 months |
| Parts with gravy, broth | 1-2 days | 6 months |
| Chicken nuggets, patties | 1-2 days | 1-3 months |

NOTE

Commercially frozen chicken will maintain top quality in home freezer for up to 1 year.



STORING & DEFROSTING BEEF

Freezer Storage & Defrosting Beef Timetables
Recommended storage time for maximum quality

| <i>Beef in Freezer Wrapping</i> | |
|--|----------------------------------|
| Types of Beef | Freezer (0°F or Colder) |
| Steaks, Roast | 6-12 months |
| Ground Beef | 3-4 months |
| Leftover Cooked Beef | 2-3 months |
| | |
| | |
| <i>Defrosting Timetable</i> | |
| <i>Type of Beef</i> | In Refrigerator (36-40°F) |
| Large Roast | 4-7 hours per pound |
| Small Roast | 3-5 hours per pound |
| 1-inch Thick Steak | 12-14 hours total |



DON'T REFRIGERATE YOUR TOMATOES!!



Most fresh tomatoes sold in supermarkets are firm, not yet ripe. This is because soft, ripe fruit is easily bruised, even under today's highly-controlled shipping conditions. But the fruit will ripen properly and develop good flavor and aroma if kept at room temperature, between 55° F and 70° F.

Select tomatoes at various degrees of ripeness and keep them at room temperature. Use the ripest fruit first, just as you do with bananas and avocados. Never refrigerate a tomato that is not fully red or ripe! Cold temperatures destroy flavor and stop the ripening process. Once fully ripe, a tomato can be refrigerated, but only for a few days; any longer results in flavor deterioration.

Test for Ripeness!

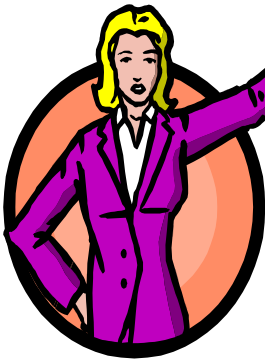
To enjoy fresh tomatoes at their peak of flavor, use when fully ripe. Ripe tomatoes should be completely red or reddish-orange, depending on variety. They will have a sweet, subtle aroma and will give slightly to gentle palm pressure.

To hasten ripening, place fresh tomatoes in a brown paper bag or in a fruit ripening bowl. As the fruit ripens, it emits a natural gas--ethylene. This gas speeds up the ripening process when confined around the fruit in a closed bag or fruit ripening bowl.

This same ethylene gas can also be commercially applied to fresh tomatoes and other fresh fruits. This external application initiates the natural ripening process in such fruits as tomatoes, apples, bananas, and citrus. Numerous studies show that externally applied ethylene does not change flavor or nutritional potential.

For best flavor, remember... do not refrigerate your fresh Tomatoes.

Here's How Long You Can Keep These Foods.....



- Shelf Life Varies, mainly according to product ingredients.
- Shelf-life refers to the amount of time a product can be stored before its quality begins to diminish.
- Most non-dairy processed foods do not become unsafe after that time, but they might not taste their best.
- Most non-dairy processed foods have a shelf life of three months to two years, but the shelf life depends greatly on handling and storage conditions

The following are conservative estimates:

| <i>Food Item</i> | <i>Shelf Life Beyond Expiration Dates</i> |
|-------------------------|--|
| Brownie Mix | 9 months |
| Dried Beans | 12 months |
| Ketchup | 12 months |
| Canned Foods | 12 months |
| Packaged Cookies | 2 months |
| Chocolate | 12 months |
| Crackers | 8 months |
| Flour | 6-8 months |
| Canned Frosting | 3 months |
| Ready-to-eat Cereal | 6-12 months |
| Gelatin | 18 months |
| Frozen TV Dinner | 3 months |
| Frozen Vegetables | 8 months |
| Ice Cream | 2-4 months |
| Jellies | 12 months |
| Bottled Juices | 9 months |
| Margarine | 4-6 months |
| Mayonnaise | 2-3 months |
| Salted Nuts | 6-8 months |
| Dried Pasta | 2 years |
| Peanut Butter | 6-9 months |
| Popcorn, Unpopped | 2 years |
| Pudding Mixes | 12 months |
| Rice | 2 years |
| Rice Mixes | 6 months |
| Salad Dressing | 6-12 months |
| Sauces & Gravy Mixes | 6-12 months |
| Soup Mixes | 12 months |
| Sugar | 2 years |



HOW TO KNOW WHEN FOOD IS SPOILED

People often wonder when a food is unfit for human consumption. Many times, it is food, which has been refrigerated for an undetermined amount of time and may be unsafe to eat.

Here are some common characteristics of spoiled foods:



FISH

- Off odor
- Gray or greenish gills
- Sunken eyes
- Flesh easily pulled away from bones
- Mark of fingernail indentation remains in flesh
- Not rigid



RED MEAT

- Off odor
- Slimy to touch
- Beef usually spoils first on the surface; pork spoils first at meeting point of bone and flesh in the inner portions.



DRESSED POULTRY

- Off odor
- Slimy to touch
- Stickiness under wing, at the point where legs and body join, and on the upper surface of the tail.
- Darkening of wing tip.



FRUITS & VEGETABLES

- Obvious mold or rotten spot.



SALADS

- Off odor
- Chicken, tuna and other fish salads, no acid potato salad, all types of cold cuts must be kept refrigerated at all times.



CANNED FOODS

- Swelled top & bottom of can
- Signs of seepage
- Dents along side seams
- Foam
- Off odor
- Milkiness in juice
- Home canned food such as canned vegetables, meats, fish & poultry should be cooked thoroughly before eating, but when any of the above **OBVIOUS** defects occur, **THROW THE CANNED FOOD AWAY** properly, out of the reach of children & animals.



CEREAL

- Insects in cereal.



FROZEN FOODS

- Frozen Foods will spoil if kept out of the refrigerator for any great length of time.



LEFTOVER FOOD

- Discoloration
- Off color
- Any food that has not been refrigerated below 45 degrees F may be considered slightly spoiled; the off-odor of spoiled food is not always apparent; don't keep cooked food after 36 hours unless it is cooked again.
- Bacterial spoilage of food begins as soon as it becomes warm; refrigeration will delay this spoilage.

CAUTION ~ CAUTION ~ CAUTION ~ CAUTION ~ CAUTION ~ CAUTION ~

It is not always possible to identify spoiled food by taste or appearance. Many foods taste and appear to be safe and wholesome. Therefore, it is wise to observe the necessary precautions in handling, storing and using foods, particularly during the summer months.



**THIS JUST IN.....
A VERY IMPORTANT
FOOD SAFETY TIP!!!**

In areas where food items are stored, there is always an increased probability of rats and mice. The can or box in which food is stored may protect the product inside from rat or mouse droppings or urine, but may not protect the person handling these containers or eating/drinking from them.

A study by the Center for Disease Control in Atlanta discovered that the dust from dried rodent droppings contains a harmful virus that can be ingested if a person is not careful.



Obviously, protecting your storage areas from rats and mice is a high priority. In addition, to be on the safe side, it is always good to remember and follow these safety tips.

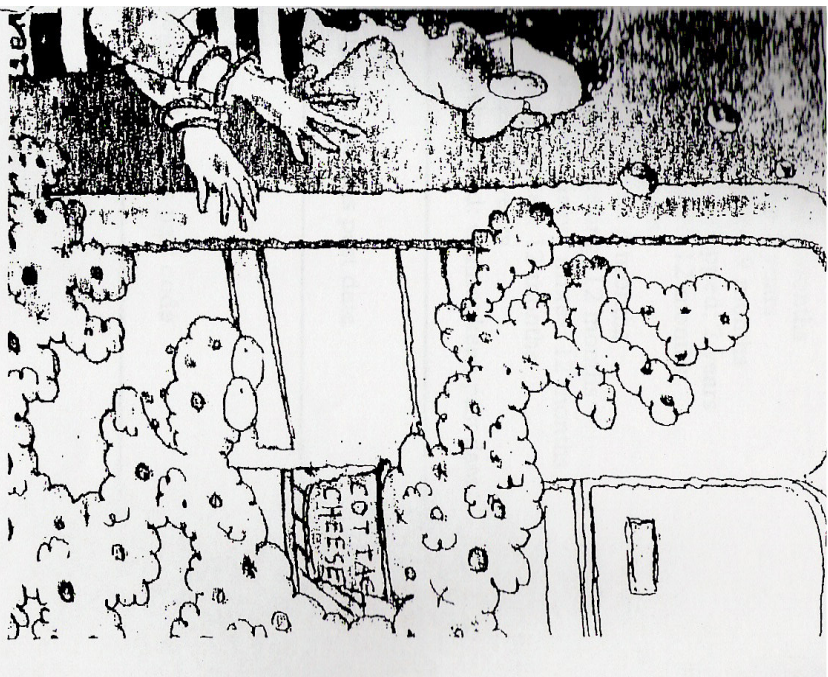
Most of us remember to wash vegetables & fruits but never think of boxes & cans.

- Make sure that you wash the tops of any canned sodas or goods thoroughly with running water and soap, if not available drink with a straw.
- Always be careful to wipe off pasta packaging, cereal boxes and other boxed goods.

HOW SAFE IS YOUR FOOD? TEST YOURSELF

Don't let summer heat spoil your fun – or your food. Take the following quiz to see if you know when to shoo guests from the congealed coleslaw. (Answers below)

- 1) If the power goes out or the fridge fails, which of these is safe to keep?
 - a) Butter
 - b) Hard Cheeses
 - c) Jam
 - d) Mayonnaise
 - e) All of the above
- 2) Food poisoning from sliced fruit is a worry.
 - True
 - False
- 3) At a picnic, your potato salad and cold cuts are safe to eat up to
 - a) One hour
 - b) Two hours
 - c) Three hours
 - d) All day
- 4) After marinating meat, it's okay to use some of the marinade as a sauce.
 - True
 - False
- 5) Most food poisonings occur when cooked food cools.
 - True
 - False



Answers

1. **E** – If they smell fine, they are. Kept cool, these staples can last days.
2. **False** – While fruit left out is generally safe, people have gotten sick from melons – they are less acidic. Play it safe: Serve slices over ice.
3. **A** – Never leave a meal in the heat for more than an hour – and include the time it was in the car.
4. **False** – If raw meat has been soaking in it the marinade is suspect. Set aside some of the sauce before you begin, and apply it with a clean brush when the meat is done.
5. **True** – A dish must go from the oven to the dinner table to the fridge in under four hours. Otherwise, bacteria will have a chance to thrive in the danger zone – temperatures between 41° and 140°.



HOW LONG CAN YOU USE FOOD AFTER ITS EXPIRATION DATE?

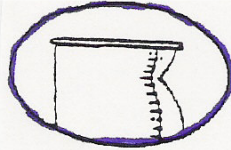
| <i>Company</i> | <i>Food Item</i> | <i>Shelf Life Beyond Expiration Dates</i> |
|-----------------------|--|--|
| Kellogg | | |
| | Cereal | Discard 90 days past date |
| | Dry (pop tarts, nutrigrain bars, etc.) | Use up to 4 months past date |
| Kraft | | |
| | Dry | Up to 60 days past code |
| | Refrigerated | 30 days past code |
| | DiGiorno Pizza | Firm date unless frozen |
| | Cultured products (sour cream, yogurt) | 15 days past code |
| Land O'Lakes | | |
| | Dips, sour cream | 60 days past code |
| | Aseptic cheese sauces | Up to 1 yr. past code |
| | Natural & processed cheese | 45 days past code |
| | Butter & Margarine | Up to 60 days past code |
| M & M/Mars | | |
| | All products | Use within 4 weeks of receipt |
| Nabisco | | |
| | Fleischmann, Blue Bonnet, Parkay | 30 days past code |
| | Egg Beaters | Firm code date |
| Ocean Spray | | |
| | Sauces & Foods | 90 days past code |
| | Juices with citrus, guava, light-style & lo-cal on label | 30 days past code |

GUIDELINES FOR EVALUATING CANNED FOOD CONTAINERS

Discard cans with:

Severe dents on side seam.

1



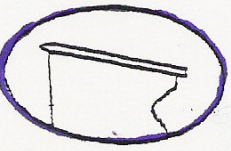
Sharp dents parallel to rim.

2



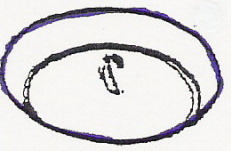
Sharp dents in the side that prevent stacking.

3



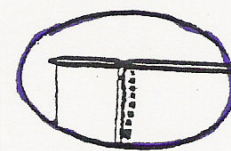
Buckled or pinched tops & bottoms.

4



Side seam incomplete "blown out" or miswelded.

5



Dirt under pull tab.

6

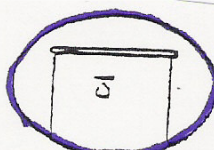


Pits or pinholes.

7

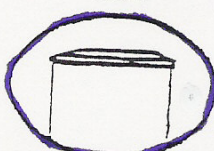


8



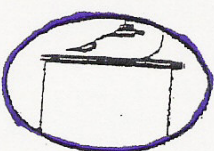
Leaks.

9



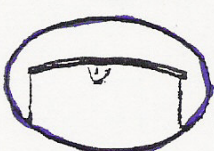
Bulges or puffed ends.

10



Ends that give or pop & bulge on the other end when pushed.

11



Severe dents on the rim, seams or bent rims.

12



Cuts or misformed rims & loose tops.

13



No label.

14



Rust that won't rub off.

IF IN DOUBT, THROW IT OUT!!!!



THE DATING GAME

It's breakfast time, and you're craving a cheese omelet. Your carton of eggs says, "EXP FEB 12"; the cheddar says, "use by Feb. 23"; the milk says, "Sell by March 1." It's March 4. Can you safely scramble, or should you switch to cereal, which is telling you, "Best if used by 3-5"? If you're unsure, you're not alone. The boxes, cans, and cartons in our kitchens are trying to tell us something, but we may not be getting the message.

Except for poultry, infant formula, and some baby food, product dating is not required by the federal government, but more than 20 states mandate dating of some foods. When dates applied, generally by the manufacturer and occasionally by the store, they're stated in a variety of ways: You might see Nov. 25, 11-25 or 1125. The terms used are somewhat flexible, too, since there's no standard. Here, words to the wise about the words on foods:

- **"Use by," "best if used by," or "quality assurance" date:** The last date the product is likely to be at peak flavor or quality. One of these dates is often placed on foods such as cereal, which may decline in flavor and quality. It doesn't mean the food is unsafe after that date.
- **"Sell by" or "pull":** An indication, to the retailer, of the last day on which a product should be sold. It takes into account time for the food to be stored and used at home. You should buy it before the date, but don't have to use it by then. You should be able to use milk, say, for up to about seven days after the sell-by date.
- **Pack or package date:** The date the food – fresh meat, for example – was packed or processed. Consumers can tell which package is fresher and choose that one. A pack date isn't an indication of safety.
- **"Expiration":** For most foods, this indicates the last date on which they should be eaten or used. Eggs are an exception: If you buy federally graded eggs before the expiration date (which must be no more than 30 days from when they were put in the carton), you should be able to use them safely for the next 3 to 5 weeks.
- **"Born on":** Initiated by Anheuser-Busch, it's supposed to let buyers choose the freshest beer. According to the company, its beer is freshest and taste best with 110 days from the born-on date.
- **Coded date:** A series of letters or numbers or both used to track foods across state lines and, if necessary, recall them. The code isn't meant as a use-by date.
- **Other words to the wise:** As a rule, high-acid canned foods such as tomatoes can be stored on the shelf for 12 to 18 months; properly stored low-acid canned foods such as meat, fish, and most vegetables will keep 2 to 5 years. Don't use a can that's bulging. If perishable food are packaged and frozen properly, they will be safe to eat after the expiration date, although the food may suffer freezer burn if its stored for a long time. And if a food bears a date without words? Unfortunately, you'll have to guess what it means.