

# JUST HOW LONG



# IS THAT FOOD GOOD?



**Food Bank of  
East Alabama**

Revised 1/2015



The Food Bank of East Alabama is an equal opportunity employer and provider.

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**PRODUCT SHELF LIFE  
LIST AS OF  
November 7, 2014**

**COMPILED BY  
THE FOOD BANK  
OF EAST ALABAMA**

**FROM NATIONAL  
MANUFACTURERS**

**(Pages 4-18)**



Product	Product Type	Extension period	Vendor	Effective Date	Remarks
Note: ConAgra is a separate attachment due to the many brands & products.					
Baby cereal <b><u>Del Monte</u></b> (oatmeal based)	02-Baby Food/Formula	30 days	Del Monte	8/28/2006	Del Monte only
Baby cereal <b><u>Del Monte</u></b> (rice based)	02-Baby Food/Formula	60 days	Del Monte	8/28/2006	Del Monte only
Baby Food (Gerber)	02-Baby Food/Formula	No Extension	Gerber	8/21/2013	As of Donor Requirements 11/13, no extension on ANY Gerber product.
Baby food (jarred) <b><u>Del Monte</u></b>	02-Baby Food/Formula	60 days	Del Monte	8/28/2006	Del Monte only
Infant Formula	02-Baby Food/Formula	0 days	Nestle's	3/1/2003	Good Start, Follow-up and Carnation Alsoy brands
Cappucino <b><u>Kraft</u></b>	03-Beverages	60 days	Kraft/JM Smucker	3/1/2003	<b>Kraft /JM Smucker</b> products only
Capri Sun <b><u>Kraft</u></b>	03-Beverages	180 days (dry mix) 60 days (bottles or pouches)	Kraft	3/1/2003	Kraft products only
Citrus products (guava, kiwi-strawberry) <b><u>Ocean Spray</u></b>	03-Beverages	30 days	Ocean Spray	3/1/2003	Ocean Spray only
<b><u>Coca-Cola</u></b> - Coke	03-Beverages	NONE	Coca-Cola	4/27/2012	No ext authorized - Donor Requirement/ Full Throttle & Tab Energy-adults only
Coffee (ground in cans)	03-Beverages	24 months	N/A	12/23/2003	
Coffee (instant)	03-Beverages	12 months	N/A	12/23/2003	
Coffee ( <b><u>Starbucks</u></b> ) <b><u>Kraft</u></b>	03-Beverages	365	Kraft	3/1/2003	Kraft products only - onsite only
Coffee <b><u>Kraft</u></b> brands (see remarks)	03-Beverages	180 days	Kraft	3/1/2003	Kraft brands (Burlaps, Gen. Foods, Hotel & Rest., Jedi, Maxwell House, Origins, Sanka, Starbucks & Yuban, Office Coffee Systems)
Country Time <b><u>Kraft</u></b>	03-Beverages	180 days	Kraft	4/27/2012	Kraft products only
Cranberry- Lemonade (powdered mix) <b><u>Ocean Spray</u></b>	03-Beverages	60 days	Ocean Spray	9/23/2013	E-mail sent by O.S. representative
Gatorade	03-Beverages	0 days	N/A	9/24/2012	Donation/offering info 9/24/12
Hot Chocolate, Cappucino <b><u>Kraft</u></b>	03-Beverages	60 days	Kraft	3/1/2003	Kraft products only

Kool-Aid and Tang <b>Kraft</b>	03-Beverages	18 days (dry mix) 60 days (bottles or pouches)	Kraft	3/1/2003	Kraft products only
MiO Liquid Water Enhancers	03-Beverages	60 days	Kraft	2/20/2014	Kraft products only
Refrigerated Non-citrus drinks- Assorted (plastic & can) <b>Ocean Spray</b>	03-Beverages	60 days	Ocean Spray	3/1/2003	Ocean Spray only
Slimfast	03-Beverages	2 months	Unilever Bestfoods	6/26/2006	Unilever Bestfoods only
Soda- carbonated canned	03-Beverages	9 months	N/A	12/23/2003	
Tang drink & Health Quenchers <b>Kraft</b>	03-Beverages	180 days (dry mix) 60 days (bottles or pouches)	Kraft	3/1/2003	Kraft products only
Tea Instant	03-Beverages	3 years	N/A	12/23/2003	
Tea Instant mixes <b>Lipton</b>	03-Beverages	6 months	Unilever Bestfoods	1/19/2006	<b>Lipton only</b> , 6 month extension - Network Connection - Volume 2, Issue 3
YooHoo drinks	03-Beverages	see comments			Product doesn't come with sell-by date because Yoo-Hoo website states that product does not go bad (airtight containers).
Bagels (frozen)	04-Bread & Bakery	2 months	N/A	12/23/2003	
Bakers, Calumet, Certo, Everfresh <b>Kraft</b>	04-Bread & Bakery	60 days	Kraft	3/1/2003	Kraft products only
Bakery Mix Biscuit type	04-Bread & Bakery	12 months	N/A	6/1/1997	
Baking items	04-Bread & Bakery	6 months	General Mills	2/1/2007	General Mills only
Baking Powder	04-Bread & Bakery	6 months	N/A	12/23/2003	
Biscuit or pancake mix	04-Bread & Bakery	15 months	N/A	12/23/2003	
Bread mixes	04-Bread & Bakery	18 months	N/A	12/23/2003	
Cakes & brownie mixes	04-Bread & Bakery	18 months	N/A	12/23/2003	
Cinnamon rolls	04-Bread & Bakery	60 days	General Mills	2/1/2007	General Mills only
Croissant or Danish	04-Bread & Bakery	45 days	General Mills	2/1/2007	General Mills only
<b>Eggo</b> waffles & pancakes	04-Bread & Bakery	15 months	Kellogg's	3/7/2003	Goo for 15 months from manufacture date.
Frosting- canned	04-Bread & Bakery	10 months	N/A	12/23/2003	
Frosting mixes	04-Bread & Bakery	12 months	N/A	12/23/2003	
Pie Crust <b>Keebler</b>	04-Bread & Bakery	4 months	Keebler	3/7/2003	Keebler only
Pie crusts & cones <b>Keebler</b>	04-Bread & Bakery	4 months	Keebler	3/7/2003	Keebler only
Cereal	05-Cereal	6 months	General Mills	2/1/2007	General Mills only
Cereal - All types	05-Cereal	12 months	N/A	6/1/1997	

Cereal (2 lb or greater plastic bags) <b><u>Kellogg</u></b>	05-Cereal	15 months	Kellogg's	3/7/2003	Good for 15 months from manufacture date.
Cereal (family-sized) <b><u>Kellogg</u></b>	05-Cereal	90 days	Kellogg's	3/7/2003	Kellogg only
Cereal (small boxes (2.0 oz or less)) <b><u>Kellogg</u></b>	05-Cereal	12 months	Kellogg's	3/7/2003	Good for 12 months from manufacture date.
Cereal Bars	05-Cereal	60 days	Nabisco	7/5/2005	Nabisco only
Cereal, cook before eating	05-Cereal	12 months	N/A	12/23/2003	
Cereal, ready-to-eat	05-Cereal	12 months	N/A	12/23/2003	
Cereals ( <b><u>Post</u></b> brand)	05-Cereal	60 days	Kraft	3/1/2003	Kraft products only
Cream of Wheat, Cream of Rice <b><u>Kraft</u></b>	05-Cereal	60 days	Kraft	3/1/2003	Kraft products only
Broth (College Inn brand)	06-Meals/Entrees/Soups	6 months	Del Monte	4/27/2012	Canned College Inn brand
Burritos (frozen)	06-Meals/Entrees/Soups	2 months	N/A	12/23/2003	Until product appears bad
<b>Country Crock</b> Side dishes	06-Meals/Entrees/Soups	NONE	Unilever Bestfoods	6/26/2006	Unilever Bestfoods only
Dry soups/bullion/dips <b><u>Knorr only</u></b>	06-Meals/Entrees/Soups	6 months	Unilever Bestfoods	1/19/2006	<b>Knorr's only</b> , 6 month extension - Network Connection - Volume 2, Issue 3
<b><u>Kraft</u></b> Meals (Lunchbreaks)	06-Meals/Entrees/Soups	60 days	Kraft	3/1/2003	Kraft products only
Lunchables ( <b><u>Oscar Mayer</u></b> )	06-Meals/Entrees/Soups	0 days unless frozen- see remarks	Kraft	3/1/2003	Lunchables containing can drinks cannot be frozen & may be used for 7 days.
Mac n' cheese & Liquid Dinners <b><u>Kraft Dinners</u></b>	06-Meals/Entrees/Soups	60 days	Kraft	3/1/2003	Kraft products only
Pasta & Sauce ( <b><u>DiGiorno</u></b> )	06-Meals/Entrees/Soups	60 days	Kraft	3/1/2003	<b>Kraft must be frozen to apply 60 day extension</b>
Pasta (canned)	06-Meals/Entrees/Soups	5 years	N/A	12/23/2003	
Soup - aseptic-pack <b><u>Knorr</u></b>	06-Meals/Entrees/Soups	3 months	Unilever Bestfoods	1/19/2006	<b>Knorr's only</b> , 3 month extension - Network Connection - Volume 2, Issue 3
Soup mixes	06-Meals/Entrees/Soups	12 months	N/A	12/23/2003	
Soups (canned)	06-Meals/Entrees/Soups	5 years	N/A	12/23/2003	

Soups ( <b>Del Monte</b> private label soups)	06-Meals/Entrees/Soups	12 months*	Del Monte	4/14/2004	*Good for 3 yrs from manufacturer date (whichever is longer)
Soups and Liquid broths <b>Knorr only</b>	06-Meals/Entrees/Soups	3 months	Unilever Bestfoods	1/19/2006	<b>Knorr's only</b> , 3 month extension - Network Connection - Volume 2, Issue 3
Soups dry mix <b>Lipton</b>	06-Meals/Entrees/Soups	12 months	Unilever Bestfoods	1/19/2006	<b>Lipton only</b> , 6 month extension - Network Connection - Volume 2, Issue 3
Stove Top Classics	06-Meals/Entrees/Soups	60 days	Kraft	3/1/2003	Kraft products only
Taco Bell Kits, shells, tortillas <b>Kraft</b>	06-Meals/Entrees/Soups	60 days	Kraft	3/1/2003	Kraft products only
TV dinners	06-Meals/Entrees/Soups	3 months	N/A	12/23/2003	Until product appears bad
Butter	07-Dairy	3 months	N/A	12/23/2003	9 months frozen
Butter & Margarine ( <b>Fleischmann's Blue Bonnet &amp; Parkay</b> )	07-Dairy	60 days	Nabisco	7/5/2005	Nabisco only
Butter & Margarine, flavored spreads	07-Dairy	60 days	Land O' Lakes	3/1/2003	Land O'Lakes only
Cheese (American, Cheddar, Mozzarella)	07-Dairy	12 months	N/A	6/1/1997	
Cheese (hard)	07-Dairy	6 months	N/A	12/23/2003	
Cheese (Natural & Processed)	07-Dairy	0 days	Land O' Lakes	3/1/2003	Land O'Lakes only
Cheese- Grated ( <b>Kraft</b> )	07-Dairy	60 days	Kraft	3/1/2003	Kraft Cheese products only
Cheese- sliced, & Pollio	07-Dairy	30 days	Kraft	3/1/2003	Kraft Cheese products only
Cheese Whiz <b>Kraft</b>	07-Dairy	60 days	Kraft	3/1/2003	Kraft Cheese products only
Cheesecake ( <b>Kraft</b> )	07-Dairy	60 days	Kraft	3/1/2003	Kraft Cheese products only
Cottage Cheese	07-Dairy	15 days	N/A	4/27/2012	Kraft products
Cream Cheese, Natural Cheese (Chunks/bars) Churney Cheese, <b>Kraft</b>	07-Dairy	30 days	Kraft	3/1/2003	Kraft Cheese products only, including Breakstone.
Ice cream	07-Dairy	4 months	N/A	12/23/2003	
Margarine	07-Dairy	5 months	N/A	12/23/2003	12 months frozen
Milk half & half	07-Dairy	0 days	Land O'Lakes	3/1/2003	Land O'Lakes only
Milk, canned evaporated	07-Dairy	12 months	N/A	12/23/2003	
Phillie snack bars	07-Dairy	30 days	Kraft	3/1/2003	Kraft products only
Spreads, Refrigerated <b>Country Crock</b>	07-Dairy	60 days	Unilever Bestfoods	1/19/2006	<b>Country Crock only</b> , 2 extension - Network Connection - Volume 2, Issue 3

Spreads, Refrigerated <b><u>Promise</u></b>	07-Dairy	60 days	Unilever Bestfoods	1/19/2006	<b>Promise only</b> , 2 month extension - Network Connection - Volume 2, Issue 3
Yogurt - <b>DANNON</b>	07-Dairy	7 days	Dannon	4/27/2012	Dannon products only
Yogurt & Yoplait <b><u>General Mills</u></b>	07-Dairy	14 days	General Mills	2/1/2007	General Mills only
Yogurt, Sour Cream, Cottage Cheese, Dips- Sour cream based <b><u>Kraft</u></b>	07-Dairy	15 days	Kraft	3/1/2003	<b>Kraft (Breyers, Cool- Whip, Jello, Knudsen, Light n' Lively, Breakstone)</b>
Chocolate syrup	08-Desserts	24 months	N/A	12/23/2003	
Cocoa & cocoa mixes	08-Desserts	indefinitely	N/A	12/23/2003	
Dream Whip (Kraft)	08-Desserts	60 days	Kraft	3/1/2003	Kraft products only
Dry packaged desserts (Jell-o, No bake) <b><u>Kraft</u></b>	08-Desserts	30 days	Kraft	3/1/2003	Kraft products only
Frozen toppings <b><u>Kraft</u></b>	08-Desserts	60 days	Kraft	3/1/2003	Kraft products only
Handi-Snack desserts	08-Desserts	60 days	Kraft	4/27/2012	Kraft products
Jello (ready to eat)	08-Desserts	60 days	Kraft	3/1/2003	Kraft - dry package
Jello (refrigerated)	08-Desserts	30 days	Kraft	8/13/2013	Kraft products only
Pudding (Kraft)	08-Desserts	60 days	Kraft	3/1/2003	Kraft products only
Pudding mixes	08-Desserts	12 months	N/A	12/23/2003	
Pudding/Gelatin (Handi Snack Desserts) <b><u>Kraft</u></b>	08-Desserts	60 days	Kraft	3/1/2003	Kraft products only
Tapioca (Kraft)	08-Desserts	60 days	Kraft	3/1/2003	Kraft products only
Whipped topping	08-Desserts	6 months	N/A	12/23/2003	
Dijonnaise <b><u>Hellmann's</u></b>	09-Dressing	3 months	Unilever Bestfoods	1/19/2006	<b>Hellmann's only</b> , 3 month extension - Network Connection - Volume 2, Issue 3
Dressings (Taste of Life, Seven Seas, Good Seasons) <b><u>Kraft</u></b>	09-Dressing	60 days	Kraft	3/1/2003	Kraft products only; if refrigerated.
Mayo, Miracle Whip, Sauceworks <b><u>Kraft</u></b>	09-Dressing	60 days	Kraft	3/1/2003	Kraft products only
Mayonnaise	09-Dressing	3 months	N/A	12/23/2003	
Mayonnaise <b><u>Hellmann's</u></b>	09-Dressing	3 months	Unilever Bestfoods	1/19/2006	<b>Hellmann's only</b> , 3 month extension - Network Connection - Volume 2, Issue 3
Salad dressings (bottled)	09-Dressing	12 months	N/A	12/23/2003	
Salad dressings (bottled) <b><u>Wish-Bone</u></b>	09-Dressing	3 months	Unilever Bestfoods	1/19/2006	<b>Wish-Bone only</b> , - Network Connection - Volume 2, Issue 3
Salad dressings- <b>Kraft</b>	09-Dressing	60 days	Kraft	8/13/2013	Kraft products only
Apples & Applesauce (canned)	10-Fruits	24 months	N/A	6/1/1997	
Apricots (canned)	10-Fruits	24 months	N/A	6/1/1997	
Blackberries/Blueberries (Frozen)	10-Fruits	18 months	N/A	6/1/1997	
Cherries (frozen)	10-Fruits	24 months	N/A	6/1/1997	



Citrus Salads-Sunfresh	10-Fruits	90 days	Del Monte	2/20/2014	Del Monte only. Sunfresh products packed in glass.
Dates (frozen)	10-Fruits	12 months	N/A	6/1/1997	
Fruits - canned	10-Fruits	18 months	N/A	12/23/2003	
Fruits-berries, melons (frozen)	10-Fruits	6 months	N/A	12/23/2003	
Mixed Fruit (canned)	10-Fruits	24 months	N/A	6/1/1997	
Peaches (canned)	10-Fruits	24 months	N/A	6/1/1997	
Pears (canned)	10-Fruits	18 months	N/A	6/1/1997	
Pineapple (canned)	10-Fruits	24 months	N/A	6/1/1997	
Plums (canned)	10-Fruits	18 months	N/A	6/1/1997	
Cornmeal	11-Grains	12 months	N/A	12/23/2003	
Cornmeal	11-Grains	12 months	N/A	6/1/1997	
Flour - All types	11-Grains	12 months	N/A	6/1/1997	
Flour- Wheat	11-Grains	1 month	N/A	12/23/2003	6-8 months in refrigerator
Flour- White	11-Grains	12 months	N/A	12/23/2003	
Grits-Corn	11-Grains	12 months	N/A	6/1/1997	
Oats Rolled	11-Grains	12 months	N/A	6/1/1997	
Wheat Quick Rolled	11-Grains	12 months	N/A	6/1/1997	
Apple Juice (canned)	14-Juices	18 months	N/A	6/1/1997	
Baby juice - <b>Del Monte</b>	14-Juices	60 days	Del Monte	8/28/2006	Del Monte only
Grape Juices (canned)	14-Juices	12 months	N/A	6/1/1997	
Grapefruit Juice (canned)	14-Juices	24 months	N/A	6/1/1997	
Juice- Knudsen Sparkling	14-Juices	2 yrs			2 yrs from manufacture
Juices - canned	14-Juices	18 months	N/A	12/23/2003	
Juices - <b>Minute Maid</b>	14-Juices	10 days	Minute Maid	1/5/2004	10 day extension on all Minute Maid products Chilled product may be frozen prior to expiration for ON- SITE ONLY
Juicy Juice (cans)	14-Juices	0 months	Nestle's	3/1/2003	
Juicy Juice (little boxes)	14-Juices	0 months	Nestle's	3/16/2003	Offer # N160056 of 3/15/05 showed 6 months ext
JuicyJuice (bottles)	14-Juices	0 months	Nestle's	5/24/2004	
Lemon Juice (frozen concentrate)	14-Juices	18 months	N/A	6/1/1997	
Orange Juice (canned)	14-Juices	24 months	N/A	6/1/1997	
Orange Juice - <b>Tropicana</b>	14-Juices	7 days	Tropicana	2/20/2014	Tropicana in all containers (except glass) may be frozen.
Pineapple Juice (canned)	14-Juices	24 months	N/A	6/1/1997	
Refrigerated Drinks- Citrus (plastic bottles)	14-Juices	30 days	Ocean Spray	3/1/2003	Ocean Spray only

<b><u>Ocean Spray</u></b>					
Refrigerated juices (Tropicana)	14-Juices	7 days	Tropicana	3/16/2004	Tropicana only
Bacon (frozen)	15-Meat/Fish/Poultry	indefinitely	N/A	12/23/2003	Until product appears bad
Bacon <b><u>Oscar Meyer, Louis Rich</u></b>	15-Meat/Fish/Poultry	0 days unless frozen	Kraft	3/1/2003	Kraft products only; unless frozen
Beef (canned)	15-Meat/Fish/Poultry	36 months	N/A	6/1/1997	
Beef (frozen)	15-Meat/Fish/Poultry	indefinitely	N/A	12/23/2003	Until product appears bad
Beef patties (frozen)	15-Meat/Fish/Poultry	indefinitely	N/A	6/1/1997	Until product appears bad
Beef roast (frozen)	15-Meat/Fish/Poultry	indefinitely	N/A	6/1/1997	Until product appears bad
Beef-ground (frozen)	15-Meat/Fish/Poultry	indefinitely	N/A	6/1/1997	Until product appears bad
Beef-Slim Jims	15-Meat/Fish/Poultry	5 months	Conagra	1/7/2007	Based on extension given on yellow load.
Chicken (canned)	15-Meat/Fish/Poultry	2-5 years	N/A	12/23/2003	
Chicken (canned)	15-Meat/Fish/Poultry	36 months	N/A	6/1/1997	
Chicken- fried (frozen)	15-Meat/Fish/Poultry	indefinitely	N/A	12/23/2003	Until product appears bad
Chicken- ground (frozen)	15-Meat/Fish/Poultry	indefinitely	N/A	12/23/2003	Until product appears bad
Chicken nuggets (frozen)	15-Meat/Fish/Poultry	indefinitely	N/A	12/23/2003	Until product appears bad
Chicken parts (frozen)	15-Meat/Fish/Poultry	indefinitely	N/A	6/1/1997	Until product appears bad
Chicken- parts (frozen)	15-Meat/Fish/Poultry	indefinitely	N/A	12/23/2003	Until product appears bad
Chicken thighs (frozen)	15-Meat/Fish/Poultry	indefinitely	N/A	6/1/1997	Until product appears bad
Chicken- whole (frozen)	15-Meat/Fish/Poultry	indefinitely	N/A	12/23/2003	Until product appears bad
Chicken-Cut up (frozen)	15-Meat/Fish/Poultry	indefinitely	N/A	6/1/1997	Until product appears bad
Chicken-diced (frozen)	15-Meat/Fish/Poultry	indefinitely	N/A	6/1/1997	Until product appears bad
Cooked fish (frozen)	15-Meat/Fish/Poultry	6 months	N/A	12/23/2003	
Corned beef (with pickling juices) (frozen)	15-Meat/Fish/Poultry	indefinitely	N/A	12/23/2003	Until product appears bad
Crayfish (frozen)	15-Meat/Fish/Poultry	6 months	N/A	12/23/2003	
Duck- whole (frozen)	15-Meat/Fish/Poultry	6 months	N/A	12/23/2003	Until product appears bad
Fish (canned)	15-Meat/Fish/Poultry	2-5 years	N/A	12/23/2003	

Fish nuggets (frozen)	15-Meat/Fish/Poultry	indefinitely	N/A	6/1/1997	Until product appears bad
Fish-breaded (frozen)	15-Meat/Fish/Poultry	indefinitely	N/A	12/23/2003	Until product appears bad
Fish-raw (frozen)	15-Meat/Fish/Poultry	indefinitely	N/A	12/23/2003	Until product appears bad
Giblets (frozen)	15-Meat/Fish/Poultry	indefinitely	N/A	12/23/2003	Until product appears bad
Goose- whole (frozen)	15-Meat/Fish/Poultry	indefinitely	N/A	12/23/2003	Until product appears bad
Ground meat (frozen)	15-Meat/Fish/Poultry	indefinitely	N/A	12/23/2003	Until product appears bad
Ham-- Honey-Baked <b><u>John Morrell</u></b>	15-Meat/Fish/Poultry	N/A	John Morrell	3/1/2003	For on-site feeding only ( <b>John Morrell hams only</b> )
Ham, whole cooked (Frozen)	15-Meat/Fish/Poultry	indefinitely	N/A	12/23/2003	Until product appears bad
Ham-boneless (frozen)	15-Meat/Fish/Poultry	indefinitely	N/A	6/1/1997	Until product appears bad
Ham-canned (refrigerated)	15-Meat/Fish/Poultry	9 months	N/A	12/23/2003	
Hot Dogs ( <b><u>Oscar Meyer, Louis Rich</u></b> )	15-Meat/Fish/Poultry	0 days unless frozen	Kraft	3/1/2003	Kraft products only; unless frozen
Hot Dogs (sealed in package) (Frozen)	15-Meat/Fish/Poultry	indefinitely	N/A	12/23/2003	Until product appears bad
Lamb (frozen)	15-Meat/Fish/Poultry	indefinitely	N/A	12/23/2003	Until product appears bad
Liver, tongue, chitterlings (Variety meats) (frozen)	15-Meat/Fish/Poultry	indefinitely	N/A	12/23/2003	Until product appears bad
Lobster tails	15-Meat/Fish/Poultry	3 months	N/A	12/23/2003	
Lunch Meats (sealed in package) (Frozen)	15-Meat/Fish/Poultry	indefinitely	N/A	12/23/2003	Until product appears bad
Luncheon meat (canned)	15-Meat/Fish/Poultry	36 months	N/A	6/1/1997	
Meat (canned)	15-Meat/Fish/Poultry	2-5 years	N/A	12/23/2003	
Meats (sandwich & deli type) <b><u>Oscar Meyer, Louis Rich</u></b>	15-Meat/Fish/Poultry	0 days unless frozen	Kraft	3/1/2003	Kraft products only
Oysters (frozen)	15-Meat/Fish/Poultry	6 months	N/A	12/23/2003	
Pork (frozen)	15-Meat/Fish/Poultry	indefinitely	N/A	12/23/2003	Until product appears bad
Pork (canned)	15-Meat/Fish/Poultry	36 months	N/A	6/1/1997	
Poultry- cooked (frozen)	15-Meat/Fish/Poultry	indefinitely	N/A	12/23/2003	Until product appears bad
Rotisserie chicken (frozen)	15-Meat/Fish/Poultry	4 months	N/A	12/23/2003	`
Salmon Pink (canned)	15-Meat/Fish/Poultry	36 months	N/A	6/1/1997	

Sausage- patties & smoked links (frozen)	15-Meat/Fish/Poultry	indefinitely	N/A	12/23/2003	Until product appears bad
Sausage- raw (frozen)	15-Meat/Fish/Poultry	indefinitely	N/A	12/23/2003	Until product appears bad
Sausages (frozen)	15-Meat/Fish/Poultry	indefinitely	N/A	12/23/2003	Until product appears bad
Scallops (frozen)	15-Meat/Fish/Poultry	indefinitely	N/A	12/23/2003	Until product appears bad
Shrimp	15-Meat/Fish/Poultry	12 months	N/A	12/23/2003	
Steaks & Roasts (frozen)	15-Meat/Fish/Poultry	12 months	N/A	12/23/2003	
Stew (canned)	15-Meat/Fish/Poultry	2-5 years	N/A	12/23/2003	
Tuna kits- <b>Star Kist</b> (Charlie lunch kits to go)	15-Meat/Fish/Poultry	NONE	Del Monte	8/28/2006	Del Monte only - Charlie lunch kits and lunch to go ONLY
Tuna <b>Star-Kist</b>	15-Meat/Fish/Poultry	9 months	Del Monte	8/28/2006	Del Monte only - canned or pouches.
Turkey ground (frozen)	15-Meat/Fish/Poultry	indefinitely	N/A	6/1/1997	
Turkey items-Cook in bag - <b>Louis Rich (frozen)</b>	15-Meat/Fish/Poultry	30 days	Louis Rich	4/27/2012	Donor Requirement- must be frozen
Turkey Roasts (frozen)	15-Meat/Fish/Poultry	indefinitely	N/A	6/1/1997	Until product appears bad
Turkey Whole (frozen)	15-Meat/Fish/Poultry	indefinitely	N/A	6/1/1997	Until product appears bad
Turkey-parts (frozen)	15-Meat/Fish/Poultry	indefinitely	N/A	12/23/2003	Until product appears bad
Potatoes (dehydrated package)	16- Mix & Assorted Food Items	6 months	N/A	6/1/1997	
Potatoes, instant	16- Mix & Assorted Food Items	12 months	N/A	12/23/2003	
Cornstarch	16-Mix & Asst'd Food Items	18 months	N/A	12/23/2003	
Gelatin, flavored	16-Mix & Asst'd Food Items	18 months	N/A	12/23/2003	
Gelatin, unflavored	16-Mix & Asst'd Food Items	3 years	N/A	12/23/2003	
Mushrooms, dried	16-Mix & Asst'd Food Items	6 months	N/A	12/23/2003	
Shortening	16-Mix & Asst'd Food Items	8 months	N/A	12/23/2003	
Sure-Jell	16-Mix & Asst'd Food Items	60 days	Kraft	3/1/2003	Kraft products only
Breakfast drink (shelf stable dairy product)	17- Non-Dairy Dairy Products	6 months	N/A	5/26/2005	Website info
Coffee Creamer (liquid/non-dairy)	17- Non-Dairy Dairy Products	9 months	N/A	5/26/2005	Non-dairy only
Soy milk	17- Non-Dairy Dairy Products	12 months		7/29/2005	

<b><u>Slim-Fast</u></b> - all products	18- Nutritional Aids	2 months	Unilever Bestfoods	1/19/2006	<b>Slim-Fast</b> , 2 month extension on all products - Network Connection - Volume 2, Issue 3
Macaroni/Spaghetti	21-Pasta	36 months	N/A	6/1/1997	
Pasta- dry packaged	21-Pasta	2 years	N/A	12/23/2003	
Pasta Salads <b><u>Kraft</u></b>	21-Pasta	60 days	Kraft	3/1/2003	Kraft products only
Beans, dried	23-Non-Meat Protein	12 months	N/A	12/23/2003	
Beans-dry (all types)	23-Non-Meat Protein	12 months	N/A	6/1/1997	
Egg beaters - Fleischmann's	23-Non-Meat Protein	30 days	Nabisco	7/5/2005	Nabisco only
Egg Beaters frozen <b><u>Conagra</u></b>	23-Non-Meat Protein	120 days	Conagra	12/11/2006	Conagra only
Egg Beaters refrigerated <b><u>Conagra</u></b>	23-Non-Meat Protein	60 days	Conagra	12/11/2006	Conagra only
Egg mix (dried)	23-Non-Meat Protein	15 months	N/A	6/1/1997	
Egg substitutes (frozen)	23-Non-Meat Protein	12 months	N/A	12/23/2003	
Lentils, dried	23-Non-Meat Protein	12 months	N/A	12/23/2003	
Peanut Butter	23-Non-Meat Protein	18 months	N/A	6/1/1997	
Peanut Butter <b><u>Skippy</u></b> , in plastic containers	23-Non-Meat Protein	5 months	Unilever Bestfoods	1/19/2006	<b>Skippy only</b> , 5 month extension - Network Connection - Volume 2, Issue 3
Peanut Butter Stix <b><u>Skippy</u></b>	23-Non-Meat Protein	3 months	Unilever Bestfoods	1/19/2006	<b>Skippy only</b> , 3 month extension - Network Connection - Volume 2, Issue 3
Peas- split dry	23-Non-Meat Protein	12 months	N/A	6/1/1997	
Refried Beans ( <b><u>Kraft</u></b> )	23-Non-Meat Protein	120 days	Kraft	3/1/2003	Kraft products only
Squeeze-It <b><u>Skippy</u></b>	23-Non-Meat Protein	2 months	Unilever Bestfoods	1/19/2006	<b>Skippy only</b> , 2 month extension - Network Connection - Volume 2, Issue 3
Minute Rice ( <b><u>Kraft</u></b> )	24-Rice	60 days	Kraft	3/1/2003	Kraft products only
Rice and Grains (Kraft)	24-Rice	60 days	Kraft	2/20/2014	Kraft products only
Rice, brown	24-Rice	1 year	N/A	12/23/2003	
Rice, flavored or herb	24-Rice	6 months	N/A	12/23/2003	
Rice, white or wild	24-Rice	2 years	N/A	12/23/2003	
Caramel Corn w/ nuts	25-Snack Foods/Cookies	90 days	N/A	4/25/2005	Website info

Chocolate	25-Snack Foods/Cookies	18-24 months	N/A	12/23/2003	
Cookies	25-Snack Foods/Cookies	8 months			
Cookies (Bakery type)	25-Snack Foods/Cookies	2 months	N/A	12/23/2003	
Cookies <b><u>Keebler</u></b>	25-Snack Foods/Cookies	4 months	Keebler	3/7/2003	Keebler only
Cracker Jacks	25-Snack Foods/Cookies	90 days	N/A	4/25/2005	Website info
Crackers	25-Snack Foods/Cookies	8 months	N/A	12/23/2003	
Crackers (Handi Snack, Snack Box)	25-Snack Foods/Cookies	60 days	Kraft	3/1/2003	Kraft products only
Crackers <b><u>Keebler</u></b>	25-Snack Foods/Cookies	4 months	Keebler	3/7/2003	Keebler only
Craisins	25-Snack Foods/Cookies	120 days	Ocean Spray	3/1/2003	Ocean Spray only
Figs-dried	25-Snack Foods/Cookies	18 months	N/A	6/1/1997	
Freezer Pops (Kool-Aid, Mr. Freeze)	25-Snack Foods/Cookies	60 days	Kraft	2/20/2014	Kraft Products only
Fruit Snacks	25-Snack Foods/Cookies	6 months	N/A	4/21/2005	Fresh to 8 weeks past sell by date, good to at least 6 months.
Fruits- dried	25-Snack Foods/Cookies	6 months	N/A	12/23/2003	
Gel cups with fruit packed in plastic	25-Snack Foods/Cookies	90 days	Del Monte	4/27/2012	Del Monte only
Gummy Bears	25-Snack Foods/Cookies	6 months	N/A	4/21/2005	Fresh to 8 weeks past sell by date, good to at least 6 months.
Ice cream cones <b><u>Keebler</u></b>	25-Snack Foods/Cookies	4 months	Keebler	3/7/2003	Keebler only
Ice Cream Cones <b><u>Keebler</u></b>	25-Snack Foods/Cookies	4 months	Keebler	3/7/2003	Keebler only
M&M and Mars	25-Snack Foods/Cookies	3 months	M&M and Mars	3/1/2003	M&M and Mars only
Marshmallows	25-Snack Foods/Cookies	4 months	N/A	12/23/2003	
<b>NABISCO Snacks (ALL)</b>	25-Snack Foods/Cookies	60 days	Nabisco	7/5/2005	Nabisco only (Pop-Tarts, Nutri-Grain Bars, and Rice Krispies Treats must be distributed within one year.)
Nuts, jars or cans	25-Snack Foods/Cookies	12 months	N/A	12/23/2003	
Peanuts (shelled)	25-Snack Foods/Cookies	24 months	N/A	6/1/1997	
Popcorn (dry in jar)	25-Snack Foods/Cookies	2 years	N/A	12/23/2003	
Popcorn (microwave)	25-Snack Foods/Cookies	12 months	N/A	12/23/2003	

Potato chips	25-Snack Foods/Cookies	2 months	N/A	12/23/2003	
Prunes (dried)	25-Snack Foods/Cookies	9 months	N/A	6/1/1997	
Raisins	25-Snack Foods/Cookies	9 months	N/A	6/1/1997	
Snack Bars <b><u>Skippy</u></b>	25-Snack Foods/Cookies	2 months	Unilever Bestfoods	1/19/2006	<b>Skippy only</b> , 2 month extension - Network Connection - Volume 2, Issue 3
Toaster pastries (fruit filled)	25-Snack Foods/Cookies	6 months	N/A	12/23/2003	
Bacon Bits (imitation)	26-Condiments	4 months	N/A	12/23/2003	
BBQ sauce	26-Condiments	12 months	N/A	12/23/2003	
Catsup	26-Condiments	18 months	N/A	6/1/1997	
Cheese Sauces #10 cans & 9 oz cans	26-Condiments	0 months	Land O' Lakes	3/1/2003	Land O'Lakes only
Chili Sauce	26-Condiments	12 months	N/A	12/23/2003	
Cocktail sauce	26-Condiments	12 months	N/A	12/23/2003	
Cooking oil	26-Condiments	6 months	N/A	12/23/2003	
Cooking oil- spray	26-Condiments	2 years	N/A	12/23/2003	
Corn Flake Crumbs & Croutettes <b><u>Kellogg</u></b>	26-Condiments	27 months	Kellogg's	3/7/2003	Good for 27 months from manufacture date.
Cranberry and other sauces <b><u>Ocean Spray</u></b>	26-Condiments	90 days	Ocean Spray	3/1/2003	Ocean Spray only
Distilled White Vinegar	26-Condiments	42 months	N/A	6/1/2008	Heinz website info
Dry Tenderizers/Spice Blends <b><u>Lawry</u></b>	26-Condiments	6 months	Unilever Bestfoods	6/26/2006	<b>Lawry's only</b> , 6 month extension - Network Connection - Volume 2, Issue 3
Gravy - <b><u>Heinz</u></b>	26-Condiments	18 months	N/A	6/1/2008	Heinz website info
Gravy (canned)	26-Condiments	5 years	N/A	12/23/2003	5 yrs from manufacture date
Gravy- dry mixes	26-Condiments	2 years	N/A	12/23/2003	
Herbs- dried	26-Condiments	2 years	N/A	12/23/2003	
Horseradish & Chutney sauces	26-Condiments	12 months	N/A	12/23/2003	
Jelly & Jams	26-Condiments	12 months	N/A	12/23/2003	
Ketchup	26-Condiments	18 months	N/A	6/1/1997	
Ketchup-Carb option	26-Condiments	3 months	Unilever Bestfoods	6/26/2006	Unilever Bestfoods only
Ketchup- <b><u>Heinz</u></b>	26-Condiments	12 months	N/A	6/1/2008	Heinz website info
Liquid Marinade and Stir Fry, <b><u>Lawry</u></b>	26-Condiments	3 months	Unilever Bestfoods	1/19/2006	<b>Lawry's only</b> , 3 month extension - Network Connection - Volume 2, Issue 3
Molasses	26-Condiments	12 months	N/A	12/23/2003	
Mustard	26-Condiments	12 months	N/A	12/23/2003	
Olive Oil <b><u>Bertolli</u></b>	26-Condiments	60 days	Unilever Bestfoods	6/26/2006	<b>Bertolli Olive Oil only</b> , no extension - Network Connection - Volume 2, Issue 3



Olives, black & green	26-Condiments	18 months	N/A	12/23/2003	
Pasta Sauce <b><u>Bertolli &amp; Ragu</u></b>	26-Condiments	60 days	Unilever Bestfoods	6/26/2006	<b>Ragu and Bertolli Pasta Sauces only</b> , extension 60 days past the printed use by date - Network Connection - Volume 2, Issue 3
Pickles	26-Condiments	12 months	N/A	12/23/2003	
Pickles ( <b><u>Claussen</u></b> )	26-Condiments	30 days	Kraft	3/1/2003	Kraft products only
Pickles, Sauerkraut-canned	26-Condiments	18 months	N/A	12/23/2003	
Salsa	26-Condiments	24 months	N/A	6/1/1997	
Salsa, picante, taco sauces	26-Condiments	12 months	N/A	12/23/2003	
Sauces (Bull's Eye, BBQ) <b><u>Kraft</u></b>	26-Condiments	60 days	Kraft	3/1/2003	Kraft products only
Sauces (cream with milk)	26-Condiments	1 year	N/A	12/23/2003	
Sauces, <b><u>Hellmann's</u></b>	26-Condiments	12 months	Unilever Bestfoods	1/19/2006	<b>Hellmann's only</b> , 3 month extension - Network Connection - Volume 2, Issue 3
Seasonings, dry <b><u>Adolph's</u></b>	26-Condiments	6 months	Unilever Bestfoods	1/19/2006	<b>Adolph's only</b> , 6 month extension - Network Connection - Volume 2, Issue 3
Seasonings, liquid <b><u>Adolph's</u></b>	26-Condiments	3 months	Unilever Bestfoods	1/19/2006	<b>Adolph's only</b> , 3 month extension - Network Connection - Volume 2, Issue 3
Shake & Bake, spices <b><u>Kraft</u></b>	26-Condiments	60 days	Kraft	3/1/2003	Kraft products only
Spaghetti sauce mix	26-Condiments	2 years	N/A	12/23/2003	
Spices	26-Condiments	60 days	N/A	12/23/2003	Kraft products only
Spices red pepper, chili powder	26-Condiments	2 years	N/A	12/23/2003	
Stove Top Stuffing	26-Condiments	60 days	Kraft	3/1/2003	Kraft products only
Sugar substitutes	26-Condiments	2 years	N/A	12/23/2003	
Sugar, brown	26-Condiments	4 months	N/A	12/23/2003	
Sugar, granulated	26-Condiments	2 years	N/A	12/23/2003	
Syrup- Maple	26-Condiments	12 months	N/A	12/23/2003	
Taco Bell red sauces, salsa con queso, seasonings <b><u>Kraft</u></b>	26-Condiments	120 days	Kraft	3/1/2003	Kraft products only
Taco sauce mix	26-Condiments	2 years	N/A	12/23/2003	
Tomato soup & vinegar based sauce (canned)	26-Condiments	18 months	N/A	12/23/2003	
Vanilla, lemon, all extracts	26-Condiments	3 years	N/A	12/23/2003	
Worcestershire sauce	26-Condiments	1 year	N/A	12/23/2003	
Beans (canned)	27- Vegetables	5 years	N/A	12/23/2003	
Beans-canned (all types)	27- Vegetables	36 months	N/A	6/1/1997	
Beans-vegetarian	27- Vegetables	24 months	N/A	6/1/1997	



canned					
Carrots (canned)	27- Vegetables	5 years	N/A	12/23/2003	
Carrots (canned)	27- Vegetables	30 months	N/A	6/1/1997	
Corn (canned)	27- Vegetables	5 years	N/A	12/23/2003	
Corn- frozen (Whole Kernel)	27- Vegetables	24 months	N/A	6/1/1997	
Corn-whole kernel (canned)	27- Vegetables	36 months	N/A	6/1/1997	
Green Beans (canned)	27- Vegetables	24 months	N/A	6/1/1997	
Peas (canned)	27- Vegetables	36 months	N/A	6/1/1997	
Peas (canned)	27- Vegetables	5 years	N/A	12/23/2003	
Peas (frozen)	27- Vegetables	indefinitely	N/A	6/1/1997	Until product appears bad
Peas-Blackeyed (canned)	27- Vegetables	36 months	N/A	6/1/1997	
Peas-canned	27- Vegetables	12 months	N/A	6/1/1997	
Potatoes (canned)	27- Vegetables	5 years	N/A	12/23/2003	
Potatoes (dehydrated can)	27- Vegetables	12 months	N/A	6/1/1997	
Potatoes (frozen)	27- Vegetables	indefinitely	N/A	6/1/1997	Until product appears bad
Spinach (canned)	27- Vegetables	5 years	N/A	12/23/2003	
Sweet potatoes (canned)	27- Vegetables	24 months	N/A	6/1/1997	
Tomato paste	27- Vegetables	24 months	N/A	6/1/1997	
Tomatoes (canned)	27- Vegetables	6 months	Del Monte	8/28/2006	Del Monte only
Tomatoes (canned)	27- Vegetables	24 months	N/A	6/1/1997	
Vegetables - <b>Green Giant</b> canned vegetables	27- Vegetables	6 months	General Mills	2/1/2007	General Mills only
Corn (cream)	27-Vegetables	36 months	N/A	6/1/1997	
Guacamole	28- Produce	4 months	N/A	12/23/2003	
Bread dough (frozen)	29-Dough	0 days	N/A	12/23/2003	
Dough - canned	29-Dough	7 days	General Mills	2/1/2007	General Mills only
Garlic, chopped (jars)	30-Salvage Unsorted	18 months	N/A	12/23/2003	
Refrigerated Drinks- Assorted (glass) <b>Ocean Spray</b>	30-Salvage Unsorted	90 days	Ocean Spray	3/1/2003	Ocean Spray only
Refrigerated Drinks- Citrus (glass bottles) <b>Ocean Spray</b>	30-Salvage Unsorted	60 days	Ocean Spray	3/1/2003	Ocean Spray only
Salads- including citrus, SunFresh (glass)	30-Salvage Unsorted	90 Days	Del Monte	8/13/2013	Packed in glass, only
Pancakes/waffles (frozen)	31-Prepared & Perishable Food	2 months	N/A	12/23/2003	
Pizza ( <b>Tombstone, DiGiorno, Jack's &amp; California Kitchen</b> )	31-Prepared & Perishable Food	0 days	Kraft	3/1/2003	Nestle USA only

Side dishes/deli salads <b><u>Country Crock</u></b>	50- Deli Foods	0 days	Unilever Bestfoods	1/19/2006	<b>Country Crock only,</b> no extension - Network Connection - Volume 2, Issue 3
<b>DiGiorno</b> label products	Misc	60 days	DiGiorno	4/27/2012	<b>DiGiorno products good for 60 days if frozen. Must be consumed immediately upon thawing.</b>
<b>General Mills</b> refrigerated items - miscellaneous	Misc	30 days	General Mills	2/1/2007	General Mills only
Coconut	Misc	60 days	Kraft	2/20/2014	<b>Kraft Foods only</b>
Powders (cheese, creamers)	Misc	60	Kraft	2/20/2014	Kraft Foods only
General Mills- snacks (salty snacks, bars, Fruit Roll-ups, Fruit by the Foot)	Misc	3 months	General Mills	2/20/2014	General Mills only
General Mills- snacks (Fruist Shapes, Fruit Gushers, milk and cereal bars)	Misc	60 days	General Mills	2/20/2014	General Mills only
J M Smucker- evaporated milk, coffee (regular, decaf, flavored), Chai Tea, Cocoa, Peanut Butter(creamy, chunky), frosting, cake mixes	Misc	4 months	J M Smucker	2/20/2014	J M Smucker only
Hersey Candy- product must be stored between 55 and 65 degrees.					



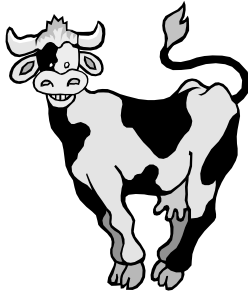
# STORING CHICKEN

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

<i><b>Fresh Raw Chicken</b></i>		
<b>Part of Chicken</b>	<b>Refrigerator (40°F)</b>	<b>Freezer (0°F)</b>
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><b>Cooked Chicken Leftovers</b></i>		
<i><b>Type of Chicken</b></i>	<b>Refrigerator (40°F)</b>	<b>Freezer (0°F)</b>
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**

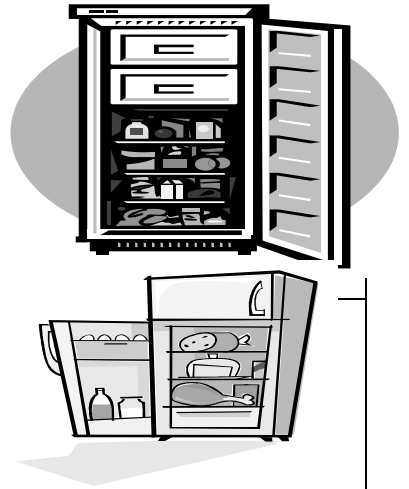
***Commercially frozen chicken will maintain top quality  
in home freezer for up to 1 year.***



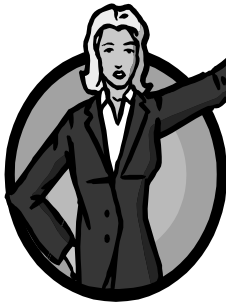
# STORING & DEFROSTING BEEF

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

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



## 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:

<b><i>Food Item</i></b>	<b><i>Shelf Life Beyond Expiration Dates</i></b>
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.



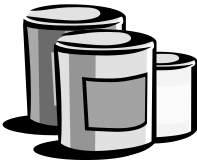
## FRUITS & VEGETABLES

- ☒ 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

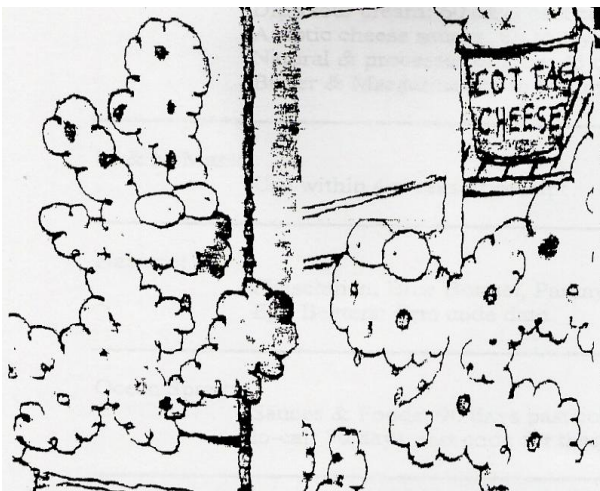
Don't let summer heat spoil your fun – or your food. Take the following quiz to see if you know when to shoo guests from the congealed coleslaw. (Answers below)

- 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, an 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?

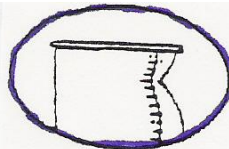
<i>Company</i>	<i>Food Item</i>	<i>Shelf Life Beyond Expiration Dates</i>
<b>Kellogg's</b>		
	Cereal	Discard 90 days past date
	Dry (pop tarts, nutrigrain bars, etc.)	Use up to 4 months past date
<b>Kraft</b>		
	Dry	Up to 60 days past code
	Refrigerated	30 days past code
	DiGiorno Pizza	Firm date unless frozen
	Cultured products (sour cream, yogurt)	15 days past code
<b>Land O'Lakes</b>		
	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
<b>M &amp; M/Mars</b>		
	All products	Use within 4 weeks of receipt
<b>Nabisco</b>		
	Fleischmann, Blue Bonnet, Parkay	30 days past code
	Egg Beaters	Firm code date
<b>Ocean Spray</b>		
	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:

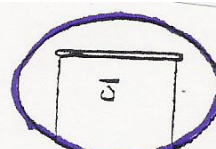
Severe dents on side seam.

**1**



**8**

Leaks.



Sharp dents parallel to rim.

**2**



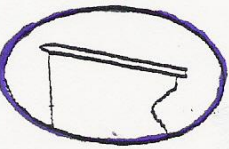
**9**

Bulges or puffed ends.



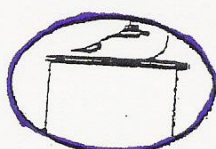
Sharp dents in the side that prevent stacking.

**3**



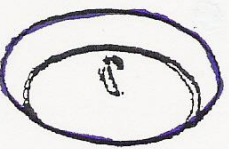
**10**

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



Buckled or pinched tops & bottoms.

**4**



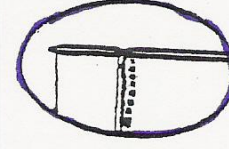
**11**

Severe dents on the rim, seams or bent rims.



Side seam incomplete "blown out" or miswelded.

**5**



**12**

Cuts or misformed rims & loose tops.



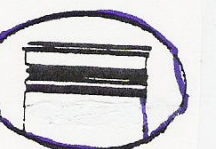
Dirt under pull tab.

**6**



**13**

No label.



Pits or pinholes.

**7**



**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.



# Better-Safe-Than-Sorry Food Storage Charts

**H**ow long can you keep luncheon meats in the refrigerator, leftovers in the freezer, flour in the cupboard? You'll find the answers to all your questions from the United States Department of Agriculture Food Safety and Inspection Service.

## Safe Food Handling

Take some simple precautions when preparing food for storage. Always work with well-scrubbed hands and be sure all utensils, cutting boards, etc., are absolutely clean. Then keep food either hot (above 140 degrees F) or cold (below 40 degrees F), never in between for any length of time. Here's why: There are common bacteria present all around us that are normally not troublemakers but can become dangerous if they are given the ideal "breeding" climate, between 60 degrees F and 125 degrees F, in which they quickly multiply to dangerous levels and can cause food poisoning. Don't leave foods in this "danger zone" for more than 2 hours.

## Foods That Need Special Care

Take extra precautions with foods that are especially susceptible to bacterial growth—poultry, fish and seafood, meat, creamed mixtures, puddings, and stuffings. Some safe-handling tips:

- Never stuff poultry the night before you roast it—the stuffing may not heat to a temperature high enough to kill any harmful bacterial growth.
- When refrigerating leftover poultry and stuffing, remove the stuffing from the bird and store in separate dishes.

## To Refreeze or not to Refreeze

You can safely refreeze virtually any partially thawed food as long as it still has ice crystals and has been held no longer than 1 or 2 days at refrigerator temperatures. Many foods, however—ice cream and uncooked baked goods, for example—will deteriorate in texture and taste.

Meat, fish, and poultry you've thawed in the refrigerator can be refrozen within 24 hours of defrosting. But combination dishes—pies, stews, casseroles, etc.—that have been thawed should not be refrozen.

With the exception of fruit and juice concentrates, foods thawed accidentally in the freezer over a period of days (because of power failure) should not be refrozen unless they still have ice crystals. If food is completely thawed (on purpose or by accident), warmed to room temperature, and left for more than 2 hours, throw it out. (The exception: fruit and juice concentrates that ferment when spoiled, thus preventing the growth of harmful bacteria.) Discard any fruit whose flavor is "off."

## Differences in Package Dating

More and more foods are being sold now with a date that tells you something about their freshness. But just what does it tell you? That depends on the kind of food. Here, the most frequently used dates and what they mean:

- Fresh meat and fish are dated with "date of pack or manufacture," which refers to when the food was packed or processed for sale. (See Refrigerator chart, page 3, for storage life.)
- Dairy and fresh bakery products are labeled with a "freshness, pull, or sell-by" date, which refers to the last day the food should be sold. The date allows you a reasonable length of time to use the food.
- Frozen foods, fried snack foods, cereals, canned foods, macaroni, rice, and other foods are labeled with a "use before" or "best-if-used-by" date, after which the food is no longer at its best but can be used safely.
- Yeast and unbaked breads are labeled with an "expiration" or "use by" date, after which the quality of the food deteriorates. However, the food would still be safe to consume.

## Pantry

Store foods in your coolest kitchen cabinets, not over range or near refrigerator's exhaust. Dry foods keep fresh the longest in airtight containers, which also keep out insects. When shopping, choose fresh-looking packages; avoid cans with swollen ends, dents. Date your purchases; then check your kitchen cabinets every 6 months or so to be sure you use the oldest items first. With longer storage, flavors gradually fade and nutrients can be lost.

Food	Time	Special Handling
<b>STAPLES</b>		
Baking powder, soda.....	18 months	Keep all dry foods in
Bouillon cubes, powder.....	1 year	original package or
Bread, rolls.....	3 days	tightly closed airtight
Bread crumbs, dried.....	6 months	containers in dry spot
Cereals, ready-to-eat.....	Check date	unless otherwise
	on package.	directed on label.
ready-to-cook.....	6 months	
Chocolate, premelted.....	1 year	
semisweet.....	2 years	
unsweetened.....	18 months	
Coffee, vacuum pack.....	1 year	Refrigerate after opening.
Coffee, instant (closed).....	6 months	Keep 2 weeks after opening.
Coffee lighteners,		
dry (opened).....	6 months	
Condensed and		
evaporated milk.....	1 year	Refrigerate after opening.
Flour		
cake, all-purpose.....	1 year	
rye, whole-wheat.....		Keep refrigerated.
Gelatin, unflavored.....	3 years	
Honey, jams, syrups.....	1 year	
Molasses.....	2 years	
Nonfat dry milk.....	6 months	
Oil, salad.....	3 months	Refrigerate after opening.
Pasta.....	2 years	
Peanut Butter.....	6 months	Keep 2 months
		after opening.
Potatoes, instant.....	18 months	
Rice		
brown, wild.....	1 year	
white.....	2 years	
Salad dressings.....	3 months	Refrigerate after opening.
Shortening, solid.....	8 months	
Sugar		
brown, confectioners'.....	4 months	
granulated.....	2 years	
Tea, bags, loose.....	18 months	
Tea, instant.....	2 years	

## PACKAGED FOODS AND MIXES

Cakes, prepared.....	2 days	
Cake mixes.....	1 year	
Casserole mixes.....	18 months	
Cookies, packaged.....	4 months	
Crackers.....	3 months	
Frosting, can or mix.....	8 months	
Hot-roll mix.....	18 months	
Pancake mix.....	6 months	
Piecrust mix.....	6 months	
Pies and pastries.....	3 days	Refrigerate cream, custard, chiffon fillings.
Pudding mixes.....	1 year	
Rice mixes.....	6 months	
Sauce, gravy, soup mixes.....	6 months	
Toaster pop-ups.....	3 months	

## CANNED AND DRIED FOODS

Fruits, canned.....	1 year	
dried.....	6 months	
Gravies, canned.....	1 year	
Meat, fish, poultry.....	1 year	
Pickles, olives.....	1 year	
Soups, canned.....	1 year	
dried.....	15 months	
Vegetables, canned.....	1 year	
Whipped-topping mix.....	1 year	

## HERBS, SPICES, CONDIMENTS

Barbeque sauce, ketchup,		
chili sauce (opened).....	1 month	
Herbs and spices.....		Keep in cool spot. Replace if
whole spices.....	1 year	aroma fades.
ground spices, herbs.....	6 months	Refrigerate red spices.
Hot pepper sauce,		
Worcestershire.....	2 years	

## MISCELLANY

Coconut, can.....	1 year	
Metered-calorie products,		
instant breakfasts.....	6 months	
Nuts.....	9 months	
Parmesan cheese, grated.....	1 month	
Pasteurized processed		
cheese food and spreads.....	3 months	
Soft drinks.....	3 months	
Vegetables.....		For longer storage keep at
onions, potatoes,	1 week at	50 to 60 degrees F. Keep dry,
rutabagas, squash	room	out of sun, loosely wrapped.
(hard-shelled),	temperature	
sweet potatoes		



## Refrigerator

Keep refrigerator temperature between 34 degrees F and 40 degrees F. If it rises above 40 degrees F, food quickly spoils. Except as noted in chart, wrap foods in foil, plastic wraps, or bags or place in airtight containers to keep food from drying out and odors from being transferred from one food to another. Food kept longer than recommended times may be usable but of inferior quality.

Food	Time	Special Handling
------	------	------------------

### DAIRY PRODUCTS

Butter	1-3 months	Hold only 2-day supply in butter keeper.
Buttermilk, sour cream, yogurt	2 weeks	
Cheese		Keep all cheese tightly packaged in moisture-resistant wrap.
cottage, ricotta	5 days	
cream, Neufchatel	2 weeks	
hard and wax-coated cheeses—Cheddar, Edam, Gouda, Swiss, etc., large pieces, unopened	3-6 months	
opened	3-4 weeks	
sliced	2 weeks	
Parmesan, grated	12 months	
process (opened)	3-4 weeks	Unopened process cheese need not be refrigerated.
spreads	2 weeks	
Cream—light, heavy, half-and-half	1 week	Keep tightly covered.
Dips—sour cream, etc. commercial	2 weeks	Keep tightly covered.
homemade	2 days	Keep tightly covered.
Eggs		
in shell	1 month	Keep small end of egg down, to center yolks.
yolks	2-4 weeks	Cover yolks with water; cover container.
whites	2-4 weeks	
Margarine	1 month	One week for best flavor.
Milk		Keep containers tightly closed. Do not return unused milk to original container. This spreads bacteria back to remaining milk.
evaporated (opened)	1 week	
filled, imitation	3-4 days	
pasteurized, reliquefied nonfat dry, skimmed	1 week	
sweetened condensed	1 week	
Whipped topping, in can	3 months	
prepared from mix	3 days	

### FRUIT

Apples	1 month	Do not wash before storing—moisture encourages spoilage.
Apricots, avocados, bananas, melons, nectarines, peaches, pears	5 days	Store in crisper or moisture-resistant bags or wrap. Keep
Berries, cherries	3 days	fruit juices tightly covered. It
Citrus fruit	2 weeks	is not necessary to remove
Grapes, plums	5 days	canned fruit from can.
Pineapple	2 days	

## VEGETABLES

Asparagus	3 days	
Beets, carrots, parsnips		Remove any leafy tops
radishes, turnips	2 weeks	before refrigerating.
Broccoli, Brussels sprouts, green onions, zucchini	5 days	
Cabbage, cauliflower, celery, cucumbers		If necessary, ripen tomatoes
eggplant, green beans, peppers, tomatoes	1 week	at room temperature away from light before refrigerating.
Corn	1 day	Leave in husk.
Lettuce, spinach, all leafy greens	5 days	Rinse, drain before refrigerating.
Limas, peas	5 days	Leave in shell.

## MEATS

Beef, lamb, pork, veal		If not prepacked, wrap
chops	3-5 days	loosely in waxed paper
ground meat	1-2 days	so surface can dry slightly.
roasts	3-5 days	
steaks	3-5 days	
stew meat	1-2 days	
Variety meats (liver, heart, etc.)	1-2 days	
Processed meats*		Store in coldest part of
bacon, frankfurters	1 week	refrigerator. Unopened
hams (whole, halves)	1 week	vacuum packs keep about
hams, canned (unopened)	6 months	2 weeks.
luncheon meat, slices	5 days	
sausage, fresh or smoked	2-3 days	

## FISH AND SHELLFISH

Fresh, cleaned fish		Keep wrapped in plastic
steaks, fillets	1 day	wrap, bag.
Clams, crab, lobster in shell	2 days	Cook only live shellfish.
Seafood—shucked clams, oysters, scallops, shrimp	1 day	

## POULTRY

Ready-to-cook chicken, duck, or turkey	2 days	May be stored in transparent wrap as purchased.
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## CANNED FOOD, AFTER OPENING

Baby food	2-3 days	Store baby food covered. Don't feed baby from jar; saliva may liquefy food.
Fish, seafood; poultry	1 day	Store all canned foods tightly covered. It is not necessary to remove food from can.
Fruit	1 week	
Gravy, broths	2 days	
Meats	2 days	
Pickles, olives	1 month	
Sauce, tomato based	5 days	
Vegetables	3 days	

\*Treat uncured or nitrite-free meats like fresh; refrigerate only 4 to 7 days.



## Freezer

Keep freezer at 0 degrees F, maximum 5 degrees F. Check temperature with thermometer or use this rule of thumb: If the freezer can't keep ice cream brick-solid, temperature is above recommended level. If this is the case, use food within a week or two. To wrap for storage of 1 month or more, use moisture-vapor-resistant plastic wrap, freezer wrap (may be specially coated or laminated), or heavy-duty foil. After times listed, food is safe, but flavors fade.

Food	Time	Special Handling
<b>HOME-FROZEN FOODS</b>		
Breads		
baked.....	3 months	
unbaked doughs.....	1 month.....	Use only special freezer-dough recipes.
Butter, margarine.....	9 months	
Cakes, baked.....	3 months	
Cookies, baked, dough.....	3 months	
Cheese.....		Creamed cottage cheese and cream cheese don't freeze well. Cut and wrap cheese in small pieces.
dry-curd cottage cheese, ricotta.....	1 week	
natural, hard.....	6 months	
Cream (all kinds).....	2 months.....	Thawed cream may not whip.
whipped.....		
Eggs, in shell.....		Do not freeze.
Egg white, yolks.....	1 year.....	For sweet dishes: Mix each cup yolks with 1 tablespoon corn syrup or sugar. For other cooking, substitute 1 teaspoon salt for sugar.
Fish, shellfish.....		For all fish and shellfish: Wrap tightly in heavy-duty foil or freezer wrap.
"fatty" fish—bluefish, catfish, trout, etc.....	3 months	
"lean" fish—cod flounder, etc.....	6 months	
shellfish.....	3 months	
Ice cream, sherbet.....	1 month	
Main dishes, cooked.....		Freeze in freezer- and oven-proof baking dishes or freezer containers.
meat, fish.....	3 months	
poultry.....	6 months	
Meat.....		If meat is purchased fresh and wrapped in plastic wrap, check for holes. If none, freeze in this wrap up to 2 weeks. For longer storage, overwrap tightly with freezer or heavy-duty foil.
bacon.....	1 month	
frankfurters.....	1-2 months	
ground, stew meat.....	3 months	
ham.....	2 months	
leftover cooked.....	3 months	
roasts.....		Keep frankfurters in vacuum packages.
beef, lamb.....	1 year	
pork, veal.....	8 months	
steaks, chops.....		
beef.....	1 year	
lamb, veal.....	9 months	
pork.....	9 months	
variety meats.....	4 months	
Nuts.....	3 months	
Pies.....		Do not freeze.
custard (homemade).....	8 months.....	Freeze baked or unbaked.
fruit.....		
Poultry.....		Wrap in heavy-duty foil or freezer wrap as airtight as possible. Thaw uncooked poultry in refrigerator or under cool running water. Cook within 2 days of thawing.
cooked, with gravy.....	6 months	
cooked, no gravy.....	1 month	
uncooked (whole).....		
chicken, turkey.....	1 year	
duck, goose.....	6 months	
uncooked, (parts).....		
chicken.....	9 months	
turkey.....	9 months	
Vegetables.....	1 year	

## COMMERCIALLY FROZEN FOODS

Breads	
baked.....	3 months
unbaked.....	Check label.
Cakes	
angel-food.....	2 months
layer cake, frosted.....	4 months
pound, yellow cake.....	6 months
Coffee lighteners.....	1 year
Doughnuts, pastries.....	3 months
Fish	
"fatty" fish—mackerel trout, etc.....	3 months
"lean" fish—cod flounder, etc.....	6 months
Shellfish	
Alaska King crab.....	10 months
breaded, cooked.....	3 months
lobster, scallops.....	3 months
shrimp (unbreaded).....	1 year
Fruit.....	1 year
Ice cream, sherbet.....	1 month
Juices, concentrates.....	1 year
Main dishes, pies, fish, meat.....	3 months
poultry.....	6 months
Meat	
beef, roasts, steaks.....	1 year
ground.....	4 months
lamb, veal.....	
roasts, streaks.....	9 months
pork.....	
chops.....	4 months
roasts.....	8 months
Pancake, waffle batter.....	3 months
Pies.....	8 months
Poultry	
chicken, turkey parts.....	6 months
chicken, turkey (whole bird).....	1 year
duck, goose.....	6 months
turkey rolls, roasts.....	6 months
Frozen dinners.....	6 months
Vegetables.....	8 months

Pick up frozen foods immediately before going to checkout counter. Buy only foods frozen solid and with no dribbles on the package, odor, or other signs of being thawed. Put all frozen foods together in one bag so they'll stay as cold as possible for trip home. Store in original wrapping. Place in home freezer as soon as possible. Cook or thaw as label directs.



Jean Weese, *Extension Food Science Specialist*, Professor, and Evelyn F. Crayton, *Extension Assistant Director for Family and Community Programs*, Professor, both in Nutrition and Food Science, Auburn University

For more information, call your county Extension office. Look in your telephone directory under your county's name to find the number.

Published by the Alabama Cooperative Extension System (Alabama A&M University and Auburn University), an equal opportunity educator and employer.

15M, Reprinted July 2011, HE-0471

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# Helpful Hints for the Kitchen

## Leftovers

**Sour Milk:** Don't throw away sour milk. Make a cake or bread with it.

**Leftover Rice:** Save your leftover rice. You can freeze it in a covered freezer container for up to 6 months.

**Brown Sugar:** Never worry about finding your brown sugar hard again. Store it in its original box inside your refrigerator. It will stay soft and easy to mix with other dry ingredients.

**Sandwich Meat:** When deli sandwich meats are on sale, buy extra. Put enough meat for a few days in a freezer bag, and then freeze. To thaw, put in the refrigerator a day before you want to use it. It will taste as fresh as the day you bought it.

## Cooking Hints

- If a soup or stew is too salty, add cut raw potatoes. Discard the potatoes after they have cooked because they will have absorbed the salt.
- Store celery and lettuce in paper bags, not plastic. Do not remove the outside leaves and stalks until ready to use.
- If your stew is slightly burned, add milk to take out the bad taste.
- Before opening a package of bacon, roll it. This helps separate the slices and makes them easier to remove individually.
- To retain crispness, drain deep-fried foods on brown paper grocery bags instead of paper towels.
- When possible, slightly warm your dinner plates in the oven before serving to keep the meal warm for longer.
- Thaw frozen meat and poultry in the refrigerator, not on the kitchen counter where bacteria can grow.
- Don't just keep dental floss in your medicine cabinet. Keep some in the kitchen. It is a great tool. Unflavored dental floss is often better than a knife to cleanly cut many soft foods, including soft cheese, rolled dough, layered cake, and cheesecake.
- To make better French fries, soak freshly cut potatoes in water for 5 minutes, drain, and pat dry before cooking. This removes the excess starch that causes them to clump together and stick to the pan while cooking. For extra crispy fries, lightly dust them with flour before frying.





## Removing baked-on food from your baking dishes

Scrape off loose bits of food. Put a couple of tablespoons of dishwasher detergent in the dish and add hot water. Stir the solution with a small wire whisk or similar utensil. The solution should be so concentrated that not all of the detergent dissolves. Leave overnight. By morning, the baked-on food will have lifted off the surface of the dish. This works particularly well with glass baking dishes. Do not use this method on nonstick surfaces.

## Removing cooked-on cheese and other fatty foods

Scrape off loose bits of food with a spatula or wipe them off with a paper towel. Carefully pour very hot water directly on the cheese while scraping with a brush or spatula. The dishwasher should take care of the rest.

## Removing cooked-on rice, pasta, and other starchy foods

Carefully remove any unscorched rice so it can be saved. Soak the pan with the scorched rice in cold water. By the time you finish eating, your pan should have released the cooked-on food. If not, try the method above for removing baked-on food.

## Convenience Foods

- Some convenience foods can save you time and money. These include frozen juice concentrate, pancake mix, cake mix, spaghetti sauce, canned soup, and canned fruits and vegetables.
- Other convenience foods are expensive and save little time. These include meat "helpers," seasoned rice mix, some frozen dinners, coating mix for meat and poultry, and salad dressing.



**EFNEP-231**

## Getting the Most for Your Food Dollar

### Think ahead

- Plan meals and snacks for several days.
- Choose many different types of food.
  - ⊙ Bread, cereal, rice, pasta, vegetables, and fruit
  - ⊙ Milk, yogurt, cheese
  - ⊙ Meat, poultry, fish, dry beans, eggs, and nuts

### Plan

- Check for food you have on hand and what you will need.
- Read weekly specials in newspaper ads.
- Clip coupons for items you use.

### Prepare

- Write a grocery list.
- Record sale prices next to items on your list.

### Get ready

- Take list and coupons to the grocery store.
- Do not shop when you are tired, hungry, or rushed.
- Decide whether to buy a convenience food or one you will make yourself.

### At the store

- Stick to your list.
- Compare prices. Store brands and sale items may not always be the best buys.
- Check high and low shelves for cheaper items.

### At home

- Handle and store food properly to reduce waste.



**EFNEP**

**Stephanie Woodyard**, *Extension Specialist, Family Programs*, Andalusia, Alabama

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11M, **New March 2007**, EFNEP-231

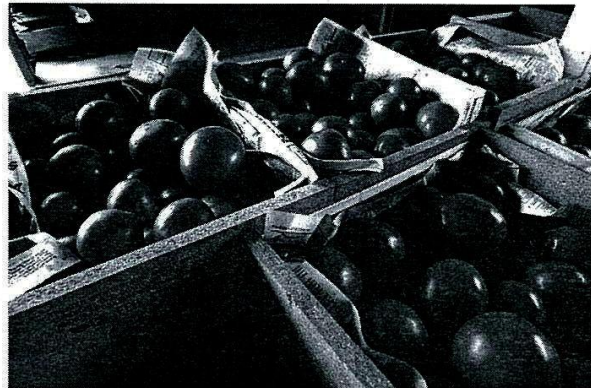
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# There's No Place Like Home for Food Safety

**W**hen I was a girl growing up on a farm, we knew where all our food came from. The cattle we raised provided us with beef. The pigs we raised gave us our Christmas ham. Even the lard was used for cooking and baking. We had a vegetable garden where we raised snap beans, potatoes, squash, broccoli, turnips, and peas, to name only a few. My grandfather furnished us with fruit from his apple, peach, and plum orchards. There was even a grapevine that climbed the fence and went on into the oak tree to give us grapes. The milk we drank came from our own dairy herd. We sold the extra milk we couldn't use to a creamery. We would, in turn, purchase cheese made from the milk that came from our farm and the farms of our neighbors. The chickens that ran loose in the barnyard provided us with eggs and the hen for Sunday dinner whenever the preacher came. It was a great life. We knew where every piece of food we put in our mouths came from and how safely it had been handled.

How far we have come today! Few of us raise the food we eat as we did when I was growing up. Now we could be eating strawberries from Mexico, raspberries from Guatemala, seafood from China, and beef from Australia. This is one of the major reasons we have such a great deficit in the United States. A deficit of trust! When we hear on the news about bacteria in the food supply, we cringe and think we are helpless against the large food processors. But this is **not** the case. First of all, the large food manufacturers want to sell you safe food because they want you to continue to purchase their food products. This publication will tell you how you and your family can feel as safe about the food supply as I did growing up on the farm.

This publication will tell you safe ways to shop for food, store food items, cook the food, serve the food, and handle leftovers.



## Shopping for Food

Shopping at your local grocery can start you out with safer food. Place raw meats on the bottom of the cart so they will not contaminate any other food products. Also, do not allow cleaning products to come into contact with food items. Get a plastic bag on your way into the store, and place the cleaning items in the bag to prevent cross-contamination with the food items. At the check-out, ask the bagger to place the cleaning items back in the same bag and not in a bag with any food items. Place fresh meats in a plastic bag by themselves so they cannot contaminate any other foods. Place frozen foods in another plastic bag because a larger block of frozen products will remain frozen longer. You should go straight home after shopping. If you know you will not arrive home in less than an hour, take a cooler to store the refrigerated and frozen foods.

## Storing Food Items

Put away frozen and refrigerated foods first. The temperature inside your refrigerator should be 40 degrees F or lower, and the freezer should be 0 degrees F or lower. If you do not already have a thermometer in the freezer or refrigerator, this would be a good time to purchase one. This will allow you to tell if your foods are being kept at the right temperature. If you make a practice of checking the temperatures regularly, you might



be able to tell when your freezer or refrigerator is having a cooling problem.

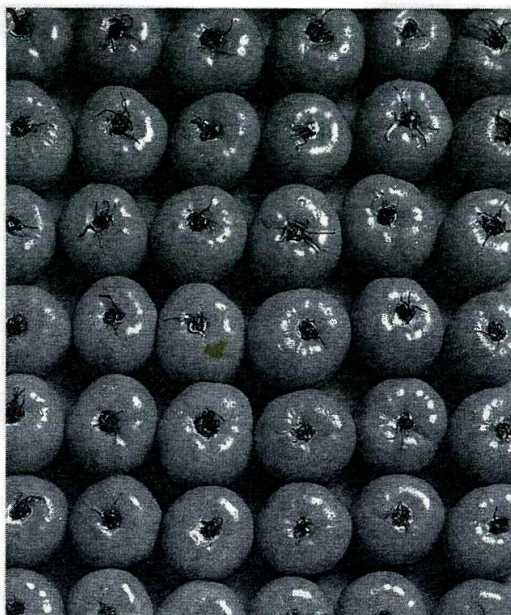
Next, place foods that are stable at room temperature, such as crackers, bread, cake mixes, and other dry foods, on the shelves or in the pantry.

Never store cleaning items with food items. Under the kitchen sink is an excellent place to store cleaning products such as dish detergents, pot cleaners, and sanitizing solutions. Place other cleaning items in the laundry room or in a closet set aside for such items. However, if you have children, be sure to store cleaning products in a locked cupboard or another place where children cannot get to them.

## Preparing to Cook

### *Wash Your Hands*

I can still hear my mother telling my sister and me to come and help with the dinner, but first wash our hands. We were not allowed to wash our hands in the kitchen unless we had first washed them in the bathroom. This is an excellent practice to keep dirt and bacteria from your hands out of the kitchen. A good hand-washing takes 20 seconds. This gives you time to get your hands wet, apply the soap, and scrub your nails into the palm of each of your hands, washing each finger and fingernail. Of course we would wash our hands many more times once we were in the kitchen, especially after handling raw meat, cutting up raw fruits or vegetables, and any other time they became soiled in the meal-preparation process.



### *Clean Vegetables and Fruits*

**Vegetables** should always be washed thoroughly under rapidly running cool water. A scrub brush might be necessary to use on certain vegetables, such as potatoes for baking. Of course if it were Sunday dinner, we would peel the potatoes for mashing. Each potato should be peeled, placed in a large bowl, and washed thoroughly under rapidly running cool water after peeling.

If we were preparing potato salad, we would peel the potatoes as described above, and then cook the potatoes and hard-cook the egg. After cooking, allow the potatoes to cool by placing the pan in cold or ice water. The eggs can be cooled by submerging them in cold water for a short period of time. Mix all the ingredients in a bowl, and place the bowl in the refrigerator until serving time.

**Fruits** on the dining room table for the taking were also washed like the baked potatoes. This not only removes dirt and bacteria but any excess pesticides from the field.

### *Prepare Meats*

Sometimes cooking meats takes advanced planning, especially if the meat is frozen and must be thawed before cooking, like a turkey. Refer to the chart below for thawing times for meats.

#### **Recommended Thawing Times for Meats**

2 to 8 pounds	1 day
8 to 12 pounds	1 to 2 days
12 to 16 pounds	2 to 3 days
16 to 20 pounds	3 to 4 days
20 to 24 pounds	4 to 5 days

Place meat in the refrigerator on a plate so juices don't drip on other foods. Although thawing meat in the refrigerator is not the only acceptable



method for thawing meats, it may be one of the safest. You can thaw meats under rapidly running cool water, or you can place the meat in cold water, but you must remember to change the water every 30 minutes. Some meats and other food items can be thawed in the microwave (see your microwave manual for instructions).

When preparing meats like roasts, hamburger, and poultry, you will want to observe a few extra rules. Place meat on a clean cutting board or in a pan for cooking. If you need to cut up a chicken, place it in a large mixing bowl or pan that will allow the juices to be kept from contaminating other surfaces and foods. If you use a cutting board for slicing a roast before cooking it, make sure you sanitize the cutting board with a solution of 2 teaspoons of chlorine bleach per 1 quart of water before using it again. Flood the surface with the bleach solution, and allow it to stand for at least 2 minutes; then rinse it and let it air-dry or pat it dry using fresh paper towels. Also, wash the mixing bowl or other pans that have been contaminated with the raw meat immediately after you have finished preparing your meat dish. Remember, don't use a cutting board or any pot or pan that has come in contact with raw meat before properly sanitizing it.

If you drip any liquid from the meat onto the counter tops, sanitize immediately with a solution of 2 teaspoons of chlorine bleach in 1 quart of water before you cross-contaminate any other food items. You can even put this solution into a spray bottle to make it easy to use. Use the following steps.

1. Clean the counter. If you use a cloth rag, be sure to place it into a sink of hot water and chlorine bleach to sanitize the cloth after you have wiped up the spilled liquid. After the liquid is removed, the surface may look clean, but the bacteria are still present.
2. To get rid of the bacteria, spray a mist of chlorine solution over the counter. Make sure you can see the dampness on the counter.
3. Allow the solution to stand on the counter for at least 2 minutes.
4. Wipe off the solution, using a fresh paper towel. Remember, it takes time to kill bacteria. If you want to make bread on the counter surface, make sure the surface is completely dry before proceeding.

### **Cook the Food**

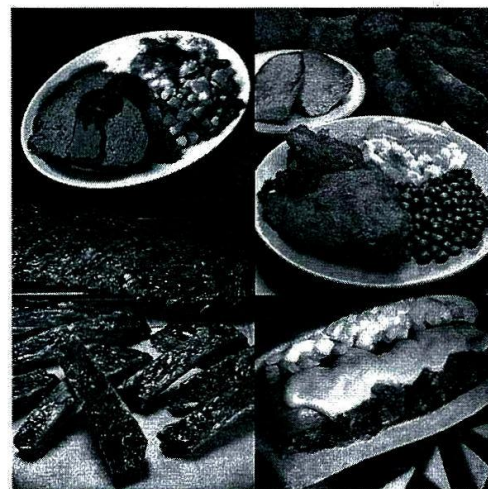
Cooking food is your best insurance for killing bacteria. However, we must remember that foods need to be cooked to different internal tempera-

tures to ensure the death of the microorganisms. The following chart lists the correct cooking temperatures for different meats.

### **Cooking Temperatures**

Ground meats (Beef, veal, lamb, and pork)	160°F
Ground poultry	165°F
Steaks and roasts	145°F (rare) 160°F (medium) 170°F (well done)
Poultry breast	165°F
Poultry thigh	165°F
Whole birds	165°F

If you have meatloaf for dinner, the internal temperature should be 160 degrees F. Measure the internal temperature of a food, using a food thermometer. There are several types available for meat, candy, or both that have a temperature range from 50 degrees F to 220 degrees F.



### **Serving the Food**

Serve hot food hot and cold food cold. It is important to remember that foods should not be out of their temperature range for more than 2 hours. Bacteria can grow more rapidly if foods are left at room temperature more than 2 hours. Take the potato salad or other cold foods out of the refrigerator just before serving them. Enjoy your meal, but when the meal is finished, place all leftovers in the refrigerator for storage. If you have a large amount of meat or poultry left, it is best to cut the poultry off the carcass or place the meat in small containers to allow it to cool more quickly.

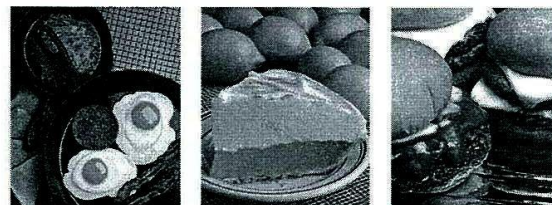
*There's No Place Like Home for Food Safety*

## Lunching on Leftovers

Label leftovers with the date, and then place them in the refrigerator. Refer to the Cooked Food Storage Chart for safe storage times.

### Cooked Food Storage Chart

Cooked ground beef	4 days
Spanish rice	3 days
Cooked beans	2 days
Meat and vegetable stew	2 to 3 days
Casseroles with meat	2 to 3 days
Casseroles without meat	3 to 4 days
Cooked vegetables	4 to 5 days
Prepared puddings and custards	2 to 3 days
Tomato sauce	2 to 3 days
Gravies	2 to 3 days
Hard-cooked eggs	5 to 7 days



If the leftover looks or smells strange, throw it out! It is not worth you or your family getting sick over the cost of any amount of food. If a food is to be heated before you eat it, make sure it is heated to an internal temperature of 165 degrees F. Remember, the best rule of thumb is

## When in Doubt, Throw It Out!



HE-733

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9M, Revised March 2008, HE-733

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