

# HOW LONG ARE THINGS GOOD FOR AFTER THEIR EXPIRATION DATE?

Below is a list of common food bank food's "Shelf Life"

SHELF STABLE PRODUCT	SHELF LIFE AFTER EXPIRATION DATE	SHELF LIFE AFTER OPENING
<b>Beverages</b>		
Coffee: Instant ground	1 year	2-3 months
Ground	2 years	2 weeks
Water	Indefinitely	4-6 days
<b>Dairy &amp; Eggs</b>		
Milk: Shelf stable ultra-high temperature pasteurized Non-fat dry	1 year 3-5 years (based on cool temperatures and dark storage)	7-10 days if refrigerated 3 months
Evaporated Soy or rice	18-24 months Package use-by date	3-5 days 7-10 days if refrigerated
Eggs, in shell	3-5 weeks if refrigerated	n/a
<b>Breads and Grains</b>		
Four: Cake or all-purpose	6-12 months	6-8 months if refrigerated
Whole wheat/grain	3-6 months	6-8 months if refrigerated
Pasta: Dry without egg	2 years	1 year
Dry with egg	2 years	1-2 months
Rice: White or wild	2 years	1 year
Brown	1 year	1 year
<b>Canned Foods</b>		
Beans (all types)	2-5 years	3-4 days if refrigerated
Low acid foods (gravy, stews, pasta, cream sauces, soup and broth that is not tomato)	2-5 years	3-4 days if refrigerated
High acid foods (tomatoes, tomato soup, tomato-based sauces, pickles)	12-18 months	5-7 days if refrigerated
Meat: beef, chicken, pork, turkey	2-5 years	3-4 days if refrigerated
Fish	2-5 years	3-4 days if refrigerated
<b>Miscellaneous</b>		
Oil: olive, vegetable, canola, salad	6-12 months	3-5 months
Peanut Butter	6-24 months	2-3 months

For a complete list of foods scan the QR code or visit: [bit.ly/USDA\\_FoodKeeper](https://bit.ly/USDA_FoodKeeper)

