

Find the Perfect Date

Use the **FOOD DATING STAMPS** on packaging to know when to love 'em or leave 'em.



Phrases:

Love 'Em

Leave 'Em

Use-By:

Use the food before the date has passed for best quality.

Toss the food after the date has passed. Canned food can still be good quality

Exp (Expiration):

Use the food before the date has passed.

Exception: Eggs, which can be used 3-5 weeks AFTER the expiration date

Sell-By:

Use before or shortly after the date has passed in home storage; Foods close to their sell-by date are sometimes put on sale.

Do not buy from store after date has passed.

Best if used by/before:

Use before or shortly after the date has passed for the best quality of food.

Toss a few days after the date has passed; if not stored properly, toss sooner.

! Ditch all prepackaged, washed produce and infant formula after the date has passed regardless of the phrase used !



Sources
 Food Safety and Inspection Service, USDA. Food Product Dating. <http://www.fsis.usda.gov/wps/portal/food-safety-education/get-answers/food-safety-fact-sheets/food-labeling/food-product-dating/food-product-dating>. Accessed 07/18.
 Food Safety and Inspection Service, USDA. Freezing and Food Safety. http://www.fsis.usda.gov/wps/portal/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/freezing-and-food-safety/CT_Index. Accessed 07/18.
 Egg Safety Center. How long are eggs safe to eat after purchasing? <https://eggsafety.org/faq/how-long-are-eggs-safe-to-eat-after-purchase/> Accessed 07/18.
 Food Facts, USDA. <https://www.fda.gov/downloads/food/resourcesforyou/consumers/ucm529509.pdf>. Accessed 07/18.

REFRIGERATOR & FREEZER STORAGE CHART

These short but safe time limits will help keep refrigerated food 40° F (4° C) from spoiling or becoming dangerous. Since product dates aren't a guide for safe use of a product, consult this chart and follow these tips.

- Purchase the product before "sell-by" or expiration dates.
- Follow handling recommendations on product.
- Keep meat and poultry in its package until just before using.
- If freezing meat and poultry in its original package longer than 2 months, overwrap these packages with airtight heavy-duty foil, plastic wrap, or freezer paper; or place the package inside a plastic bag.

Because freezing 0° F (-18° C) keeps food safe indefinitely, the following recommended storage times are for quality only.

Product	Refrigerator	Freezer
Eggs		
Fresh, in shell	3 - 5 weeks	Don't freeze
Raw yolks, whites	2 - 4 days	1 year
Hard cooked	1 week	Don't freeze
Liquid pasteurized eggs or egg substitutes, opened	3 days	Don't freeze
unopened	10 days	1 year
TV Dinners, Frozen Casseroles		
Keep frozen until ready to heat		3 - 4 months
Deli & Vacuum-Packed Products		
Store-prepared (or homemade) egg, chicken, tuna, ham, macaroni salads	3 - 5 days	Don't freeze
Pre-stuffed pork & lamb chops, chicken breasts stuffed w/dressing	1 day	Don't freeze
Store-cooked convenience meals	3 - 4 days	Don't freeze
Commercial brand vacuum-packed dinners with USDA seal, unopened	2 weeks	Don't freeze
Raw Hamburger, Ground & Stew Meat		
Hamburger & stew meats	1 - 2 days	3 - 4 months
Ground turkey, veal, pork, lamb	1 - 2 days	3 - 4 months
Ham, Corned Beef		
Corned beef in pouch with pickling juices	5 - 7 days	Drained, 1 month
Ham, canned, labeled "Keep Refrigerated," unopened	6 - 9 months	Don't freeze
opened	3 - 5 days	1 - 2 months
Ham, fully cooked, whole	7 days	1 - 2 months
Ham, fully cooked, half	3 - 5 days	1 - 2 months
Ham, fully cooked, slices	3 - 4 days	1 - 2 months
Hot Dogs & Lunch Meats (in freezer wrap)		
Hot dogs, opened package	1 week	1 - 2 months
unopened package	2 weeks	1 - 2 months
Lunch meats, opened package	3 - 5 days	1 - 2 months
unopened package	2 weeks	1 - 2 months

Product	Refrigerator	Freezer
Soups & Stews		
Vegetable or meat-added & mixtures of them	3 - 4 days	2 - 3 months
Bacon & Sausage		
Bacon	7 days	1 month
Sausage, raw from pork, beef, chicken or turkey	1 - 2 days	1 - 2 months
Smoked breakfast links, patties	7 days	1 - 2 months
Fresh Meat (Beef, Veal, Lamb, & Pork)		
Steaks	3 - 5 days	6 - 12 months
Chops	3 - 5 days	4 - 6 months
Roasts	3 - 5 days	4 - 12 months
Variety meats (tongue, kidneys, liver, heart, chitterlings)	1 - 2 days	3 - 4 months
Meat Leftovers		
Cooked meat & meat dishes	3 - 4 days	2 - 3 months
Gravy & meat broth	1 - 2 days	2 - 3 months
Fresh Poultry		
Chicken or turkey, whole	1 - 2 days	1 year
Chicken or turkey, parts	1 - 2 days	9 months
Giblets	1 - 2 days	3 - 4 months
Cooked Poultry, Leftover		
Fried chicken	3 - 4 days	4 months
Cooked poultry dishes	3 - 4 days	4 - 6 months
Pieces, plain	3 - 4 days	4 months
Pieces covered with broth, gravy	3 - 4 days	6 months
Chicken nuggets, patties	3 - 4 days	1 - 3 months
Fish & Shellfish		
Lean fish	1 - 2 days	6 - 8 months
Fatty fish	1 - 2 days	2 - 3 months
Cooked fish	3 - 4 days	4 - 6 months
Smoked fish	14 days	2 months
Fresh shrimp, scallops, crawfish, squid	1 - 2 days	3 - 6 months
Canned seafood (Pantry, 5 years)	after opening 3 - 4 days	out of can 2 months



**U.S. FOOD & DRUG
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