

# Is this Food Still Safe?

“Best By” / “Sell By” dates are actually about quality, not safety! Many foods can be safely eaten past the listed date.

## Shelf-Stable Foods



### Canned Food

Up to 2 years past date if undamaged



### Jarred & Bottled Food

If unopened, up to 1.5 years past date (unless color changes or product has separated)



### Boxed Food

Up to 1 year past the date (unless there is pest damage)



### Bread

Freeze close to sell-by date. Discard if moldy



### Baby Food & Formula

Discard on expiration date

## Refrigerated & Frozen Foods



### Milk

Unopened, up to 7 days past the date \*



### Cheese, Eggs & Yogurt

2-4 weeks past the date\*



### Frozen Foods

Up to 1 year past the date, unless discolored

\*as long as smell and taste are normal

