

## Consumption Guidelines

### DAIRY

Product	Storage	Expiration \ Code Date Extensions	Not acceptable
<i>Milk</i>	<ul style="list-style-type: none"> <li>Chilled at 40 °F</li> </ul>	<ul style="list-style-type: none"> <li>Half &amp; half – 3 days past expiration</li> <li>Whipping \ Heavy Cream – 3 days past expiration</li> <li>Egg Nog – 5 days past expiration</li> <li>Whole Milk – 5 days past expiration</li> <li>2% Milk – 6 days past expiration</li> <li>1% Milk – 7 days past expiration</li> <li>Skim Milk – 10 days past expiration</li> </ul>	<ul style="list-style-type: none"> <li>Damaged or compromised packaging</li> <li>Off odor or discoloration</li> </ul>
<i>Yogurt, sour cream, cottage cheese, sour cream based dips</i>	<ul style="list-style-type: none"> <li>Chilled at 40 °F</li> </ul>	<ul style="list-style-type: none"> <li>14 days past expiration</li> </ul>	<ul style="list-style-type: none"> <li>Mold, off color or smell, damaged packaging</li> </ul>
<i>Cheese</i>	<ul style="list-style-type: none"> <li>Cheese will last up to 3 months past the expiration date if chilled at 0 °F</li> </ul>	<ul style="list-style-type: none"> <li>Soft cheeses (cream, ricotta) 7 days past expiration</li> <li>Hard cheeses (cheddar) 3-4 weeks past expiration</li> </ul>	<ul style="list-style-type: none"> <li>Opened or compromised packaging, mold</li> </ul>
<i>Eggs</i>	<ul style="list-style-type: none"> <li>40 °F or below</li> </ul>	<ul style="list-style-type: none"> <li>Eggs in shell – 3 - 5 weeks past expiration</li> <li>Hard Cooked – 1 week past expiration</li> <li>Pasteurized or substitute – 10 days past expiration</li> <li><b>Frozen</b> egg substitutes \ egg whites – 180 days</li> </ul>	<ul style="list-style-type: none"> <li>Off odor, color or taste</li> </ul>

### ALTERNATIVE DAIRY AND MEAT PRODUCTS

Product	Storage	Expiration \ Code Date Extensions	Not acceptable
<i>Refrigerated Soy Products</i>	<ul style="list-style-type: none"> <li>Refrigerated at 40 °F</li> </ul>	<ul style="list-style-type: none"> <li>Refrigerated Soy Milk – 7 days past expiration</li> <li>Soy Yogurt – 14 days past expiration</li> </ul>	<ul style="list-style-type: none"> <li>Damaged or compromised packaging</li> <li>Off odor or discoloration</li> </ul>
<i>Refrigerated Meat Substitutes (Tofu, tempeh, seitan, etc.)</i>	<ul style="list-style-type: none"> <li>Refrigerated at 40 °F or below</li> <li>Frozen at 0 °F or below on or before the expiration date</li> </ul>	<ul style="list-style-type: none"> <li>Up to the expiration date if refrigerated</li> <li>Consume up to 1 year past expiration date if <b>frozen</b> on or before expiration date</li> </ul>	<ul style="list-style-type: none"> <li>Damaged or compromised packaging</li> <li>Unfrozen past the expiration date</li> <li>Swollen or bulging container</li> </ul>
<i>Shelf-stable Non-Dairy Beverages (rice milk, soy milk, oat milk, etc.)</i>	<ul style="list-style-type: none"> <li>Cool, dry and clean area</li> </ul>	<ul style="list-style-type: none"> <li>Up to 6 months past expiration date if stored properly</li> </ul>	<ul style="list-style-type: none"> <li>Damaged or compromised packaging</li> <li>Off odor or color</li> <li>Swollen or bulging container</li> </ul>

**MEAT**

<b>Product</b>	<b>Storage</b>	<b>Expiration \ Code Date Extensions</b>	<b>Not acceptable</b>
<i><b>Processed, Packaged Meats (such as fully cooked lunch meats, and hotdogs)</b></i>	<ul style="list-style-type: none"> <li>Refrigerated at 40 °F or below, up to expiration date</li> <li>Frozen at 0 °F or below on or before the expiration date</li> </ul>	<ul style="list-style-type: none"> <li>Consume up to one year past expiration date if <b>frozen</b> on or before the expiration date</li> <li><b>After thawing</b> – 4 days unopened, 3-5 days opened</li> <li>Do no defrost and refreeze product</li> </ul>	<ul style="list-style-type: none"> <li>Defrosted product</li> <li>Severe freezer burn</li> <li>Discolored product</li> <li>Damaged or compromised packaging</li> </ul>
<i><b>Fresh or Frozen Meat</b></i>	<ul style="list-style-type: none"> <li>Refrigerated at 40 °F or below up to the expiration date</li> <li>Frozen at 0 ° or below on or before the expiration date</li> </ul>	<ul style="list-style-type: none"> <li>Consume up to one year past expiration date if frozen on or before the expiration date</li> <li>Do no defrost and refreeze product</li> </ul>	<ul style="list-style-type: none"> <li>Defrosted product</li> <li>Severe freezer burn</li> <li>Discolored product</li> <li>Unfrozen past expiration</li> <li>Damaged or compromised packaging</li> </ul>

**CANNED AND DRY FOODS**

<b>Product</b>	<b>Storage</b>	<b>Expiration \ Code Date Extensions</b>	<b>Not acceptable</b>
<i><b>Powdered Milk</b></i>	<ul style="list-style-type: none"> <li>Chilled at 40 °F</li> </ul>	<ul style="list-style-type: none"> <li>6 months if refrigerated</li> </ul>	<ul style="list-style-type: none"> <li>Damaged or compromised packaging</li> </ul>
<i><b>Canned Foods</b></i>	<ul style="list-style-type: none"> <li>Room temperature</li> </ul>	<ul style="list-style-type: none"> <li>High acid foods (i.e. tomatoes) 12 – 18 months</li> <li>Low acid foods (canned meat, most vegetables) 2 – 5 years</li> </ul>	<ul style="list-style-type: none"> <li>Bulging, leaking cans</li> </ul>
<i><b>Food in Jars</b></i>	<ul style="list-style-type: none"> <li>Room temperature</li> </ul>	<ul style="list-style-type: none"> <li>12 months past expiration</li> </ul>	<ul style="list-style-type: none"> <li>Mold, leaking jars</li> </ul>
<i><b>Dry Cereal</b></i>	<ul style="list-style-type: none"> <li>Room temperature</li> </ul>	<ul style="list-style-type: none"> <li>6-12 months unopened</li> </ul>	<ul style="list-style-type: none"> <li>Compromised packaging</li> </ul>
<i><b>Rice\pasta (dry)</b></i>	<ul style="list-style-type: none"> <li>Room temperature</li> </ul>	<ul style="list-style-type: none"> <li>1 year</li> </ul>	<ul style="list-style-type: none"> <li>Compromised packaging</li> </ul>