

Consumption Guidelines

For items not listed refer to The Food Keeper Guide or contact Connecticut Food Bank

DAIRY

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

ALTERNATIVE DAIRY AND MEAT PRODUCTS

Product	Storage	Expiration \ Code Date Extensions	Not acceptable
Refrigerated Soy Products Refrigerated Almond Milk Refrigerated Coconut water	<ul style="list-style-type: none"> Refrigerated at 40 degrees F 	<ul style="list-style-type: none"> Refrigerated Soy or Almond Milk – 7 days past expiration Soy Yogurt – 14 days past expiration 3 weeks past expiration 	<ul style="list-style-type: none"> Damaged or compromised packaging Off odor or discoloration
Refrigerated Meat Substitutes (Tofu, tempeh, seitan, etc.)	<ul style="list-style-type: none"> Refrigerated at 40 degrees F or below Frozen at 0 degrees F or below on or before the expiration date 	<ul style="list-style-type: none"> Up to the expiration date if refrigerated Consume up to 1 year past expiration date if frozen on or before expiration date 	<ul style="list-style-type: none"> Damaged or compromised packaging Unfrozen past the expiration date Swollen or bulging

CONNECTICUT FOOD BANK

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			container
Shelf-stable Non-Dairy Beverages (rice milk, soy milk, oat milk, almond etc.)	<ul style="list-style-type: none"> Cool, dry and clean area 	<ul style="list-style-type: none"> Up to 6 months past expiration date if stored properly 	<ul style="list-style-type: none"> Damaged or compromised packaging Off odor or color Swollen or bulging container

MEAT

Product	Storage	Expiration \ Code Date Extensions	Not acceptable
Processed, Packaged Meats (such as fully cooked lunch meats, and hotdogs)	<ul style="list-style-type: none"> Refrigerated at 40 degrees F or below, up to expiration date Frozen at 0 degrees F or below on or before the expiration date 	<ul style="list-style-type: none"> USDA guidelines state frozen meat held at 0°F or below is safe indefinitely. Consuming properly frozen meat past one year of sell by date is more of a quality and not safety issue After thawing – 4 days unopened, 3-5 days opened Do no defrost and refreeze product 	<ul style="list-style-type: none"> Defrosted product Severe freezer burn Discolored product Damaged or compromised packaging
Fresh or Frozen Meat	<ul style="list-style-type: none"> Refrigerated at 40 degrees F or below up to the expiration date Frozen at 0 degrees or below on or before the expiration date 	<ul style="list-style-type: none"> USDA guidelines state frozen meat held at 0°F or below is safe indefinitely. Consuming properly frozen meat past one year of sell by date is more of a quality and not safety issue After thawing – 4 days unopened, 3-5 days opened Do no defrost and refreeze product 	<ul style="list-style-type: none"> Defrosted product Severe freezer burn Discolored product Unfrozen past expiration Damaged or compromised packaging

CANNED AND DRY FOODS

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