

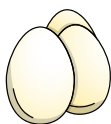
# When should I eat this?

For freshness and quality, it is best to consume these food items within the listed timeframe from date.

Food date labels such as “USE BY”, “SELL BY” or “BEST BY” are used to inform you on the freshness and quality of foods. Food is still safe to eat past these dates.

! All infant formula, baby food and nutritional supplements are **not safe to eat** past their expiration date. !

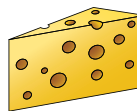
## Perishable Foods



**eggs**  
4-5 weeks



**milk, milk alternatives**  
7 days

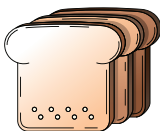


**semi-hard cheeses**  
1-2 months



**yogurt**  
1-2 weeks

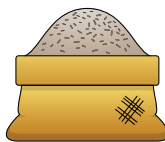
## Dry and Canned Foods



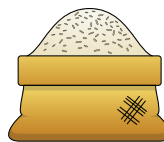
**bread**  
7 days (6 months frozen)



**tortillas**  
3-4 weeks



**brown rice**  
12 months



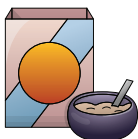
**white rice**  
2 years



**pasta**  
2-3 years



**dry beans**  
1-2 years



**cereal, oatmeal**  
6-12 months



**high-acid canned foods**  
12-18 months



**low-acid canned foods**  
2-3 years

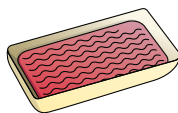


**oil**  
1 year

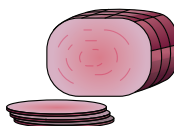
## Frozen Meats



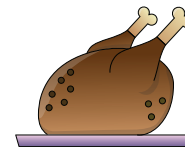
**chicken parts**  
9 months



**ground meat**  
3-4 months



**lunch meat**  
2 months



**whole chicken or turkey**  
12 months

