How do you know if you can eat food that has passed its expiration date? We've got you covered. Stick this handy cheat sheet on your fridge to help keep your family safe.

**Bread & Baked Goods**
- 3 Months if Frozen

**Baking Soda**
- 1 Year

**Non-Perishable Canned Items**
- 5 Years

**Cereals & Breakfast Items**
- 1 Year

**Condiments**
- 1 Year

**Dried Beans, Rice & Pasta**
- 2 Years

**Drinks (Not Water)**
- 6 Months

**Frozen Products**
- 1 Year

**Healthy Snacks: Crackers, Nuts & Granola Bars**
- 1 Year

**Milk**
- 3 Months if Frozen

**Peanut Butter**
- 2 Years

**Processed Refrigerated Food**
- 1 Month

**Refrigerated Diary**
- 2 Weeks - 3 Months if Frozen

**Other Snacks: Potato Chips, Popcorn, Etc.**
- 6 Months

**Ramen, Soup & Broths**
- 2 Years

**Water (Including Sparkling & Flavored)**
- 2 Years

**Medical Products**
- No Grace Period

**Baby Products**
- No Grace Period

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Information Sources:
- https://www.fda.gov/media/101389/download: Food Facts How to Cut Food Waste and Maintain Food SAFtey

Montgomery County Food Bank is an equal opportunity provider.
Types of Dates

"Best if Used By/Before" Indicates when a product will be of best flavor or quality. It is not a purchase or safety date.

"Sell-By" Tells the store how long to display the product for sale for the purpose of inventory management. It is not a safety date.

"Use-By" The latest date recommended to use the product at peak quality. It is not a safety date, EXCEPT when used on infant formula products.

"Freeze-By" Indicates when a product should be frozen to maintain peak quality. It is not a purchase or safety date.

Safe Minimal Internal Temperatures

<table>
<thead>
<tr>
<th>Food Type</th>
<th>Temperature</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef, pork, veal and lamb</td>
<td>145 °F</td>
<td>Allow for a three minute “rest time” after removal from the heat source.</td>
</tr>
<tr>
<td>Ground meats</td>
<td>160 °F</td>
<td></td>
</tr>
<tr>
<td>Poultry (whole, parts or ground)</td>
<td>165 °F</td>
<td></td>
</tr>
<tr>
<td>Eggs and egg dishes</td>
<td>160 °F</td>
<td>Cook eggs until yolk and white are both firm. Scrambled eggs should not be runny.</td>
</tr>
<tr>
<td>Leftovers and casseroles</td>
<td>165 °F</td>
<td></td>
</tr>
<tr>
<td>Fin fish</td>
<td>145 °F</td>
<td></td>
</tr>
<tr>
<td>Shrimp, lobster and crab</td>
<td></td>
<td>Cook until flesh is pearly or white, and opaque.</td>
</tr>
</tbody>
</table>

Power Outage Tips

- Should the power go off, a full freezer will stay frozen for about two days; a half-full freezer about one day.
- Keep the freezer door closed. Pack foods tightly together.
- Foods thawed and held above 40 °F for more than two hours should be discarded.
- Refrigerated foods should be edible as long as power is out no more than four hours.
- Discard any perishable foods that have been above 40 °F for two hours or more and any foods that have an unusual odor, color, texture, or feel warm to the touch.

mcfoodbank.org

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Information Sources:
https://www.foodsafety.gov/food-safety-charts/cold-food-storage-charts
https://www.fda.gov/media/101389/download: Food Facts How to Cut Food Waste and Maintain Food Saftey