

# IS YOUR FOOD SAFE?

## RESOURCE AND INFORMATION GUIDE



### BEST IF USED BY/BEFORE

This date refers to best flavor/quality. It does NOT refer to product safety.



### SELL-BY

This date is for store inventory management. It does NOT refer to product safety.



### CAN IT BE DONATED?

YES! Unless there are signs of spoilage, the product can still be donated past package dating

FOOD	STORAGE ON SHELF	STORAGE AFTER OPENING
Canned Meat, Soups, Canned Noodles and Pasta, Canned Vegetables	2 to 5 years	3 to 4 days in the refrigerator
Canned Tomatoes, Canned Fruit, Vinegar-based Dressings	12 to 18 months	5 to 7 days in the refrigerator
Tuna and Other Seafood in Pouches	18 months	3 to 4 days in the refrigerator
Meat in Pouches	Use manufacturer's recommendation on the package.	3 to 4 days in the refrigerator
Rice and Dried Pasta	2 years	After cooking, 3 to 4 days in the refrigerator
FOOD	REFRIGERATOR	FREEZER
Salads-egg, chicken, tuna, and macaroni	3 to 4 days	Does not freeze well
Hot Dogs-opened	1 week	1 to 2 months
Hot Dogs-unopened	2 weeks	1 to 2 months
Lunch Meat-opened package or sliced	3 to 5 days	1 to 2 months
Lunch Meat-unopened	2 weeks	1 to 2 months
Bacon	1 week	1 month
Sausage-raw	1 to 2 days	1 to 2 months
Sausage-fully cooked	1 week	1 to 2 months
Ground-beef, turkey, veal, pork, lamb,	1 to 2 days	3 to 4 months
Beef, Lamb, Pork, Veal	3 to 5 days	4 to 12 months
Fresh Ham	3 to 4 days	3 to 4 months
Cooked Ham-whole	1 week	1 to 2 months
Cooked Ham-wrapped, slices, half, or spiral cut	3 to 4 days	1 to 2 months
Prosciutto, Parma or Serrano Ham	2 to 3 months	1 month
Chicken or Turkey-whole	1 to 2 days	1 year
Chicken or Turkey-pieces	1 to 2 days	9 months
Raw Eggs in Shell	3 to 5 weeks	Do not freeze.



For sources and more information, go to [usda.gov/topics/food-and-nutrition](https://usda.gov/topics/food-and-nutrition), [foodsafety.gov/keep-food-safe](https://foodsafety.gov/keep-food-safe), or [stilltasty.com](https://stilltasty.com).

You can also contact [relations@foodbankrockies.org](mailto:relations@foodbankrockies.org)