

keep or toss?

HOW LONG FOOD STAYS GOOD—EVEN AFTER THE EXPIRATION DATE



DAYS	Ground Beef	1-2 Days
	Fresh Chicken	1-2 Days
	Fresh Fish	1-2 Days
	Bread/Bagels	2-3 Days
	Fresh Deli Meat	5-6 Days
	Milk	5-7 Days
	Mayonnaise	7 Days
WEEKS	Sour Cream	1-2 Weeks
	Greek Yogurt	1-2 Weeks
	Guacamole	1-2 Weeks
	Bacon	1-2 Weeks
	Potato Chips	2-3 Weeks
	Fresh Eggs	3-4 Weeks
	Cream Cheese	3-4 Weeks
MONTHS	Butter	1 Month
	Almond Milk	1 Month
	Hot Dogs	1-2 Months
	Cheddar Cheese	1-2 Months
	Jarred Salsa	1-2 Months
	Ice Cream	2-3 Months
	Ground Coffee	3-5 Months
	Cereal	6-8 Months
	Jam/Jelly	6-12 Months
YEARS	Peanut Butter	1 Year
	Marinara Sauce	1 Year
	Dry Pasta	1-2 Years
	Canned Veggies	1-2 Years
	Yellow Mustard	1-2 Years
	Ketchup	2 Years
	Dijon Mustard	2-3 Years
	Olive Oil	2-3 Years
FOREVER	Honey & Maple Syrup	

Source: EatByDate.com | This information is for unopened items. Individual cases will vary. When in doubt, throw it out. Please eat responsibly.

