

# EXTENSION DATES

We are committed to providing access to safe, wholesome food through our network of more than 800 partner agencies. Food safety is an essential and foundational piece of our work.

We often distribute food items after the date on the package. This food is still safe to eat! To help guide us and our partner agencies in keeping food safe and fighting against food waste we use a guide called the "Food Keeper" which was developed by Food Marketing Institute ([www.fmi.org](http://www.fmi.org)). To the right is a quick reference.

## Items that CANNOT be donated

- Any returned perishable Item
- Any item meant for reclaim
- Spoiled Product
- Exposed Product
- Product that lost its vacuum seal
- Over the counter Medications
- Anything leaking
- Anything without ingredients

Thank you for all that you do to fight hunger with us in this community. If you ever have any questions or concerns about the Program please call one of us, we love to talk about the great things you are doing;

**Mari Carl Fisher**, Food Resources Coordinator,  
919.906.3829, [mcfisher@foodbankcenc.org](mailto:mcfisher@foodbankcenc.org)

**Caitlin Cohn**, Retail Program Supervisor,  
919.520.3412, [ccohn@foodbankcenc.org](mailto:ccohn@foodbankcenc.org)

**Carter Crain**, Product Logistics Manager,  
919.906.5693, [ccrain@foodbankcenc.org](mailto:ccrain@foodbankcenc.org)

Shelf Stable Foods	
Canned Goods	Shelf Life After Code Date
Beans	3 years
High Acid Foods Fruit, pickles, baked beans, tomatoes, etc	1-2 years
Low Acid Foods Gravy, soups, pasta, cream sauces, vegetables	2-3 years
Meat - Beef, chicken, pork, turkey	2-3 years
Beverages	
Coffee Grounds	2 years
Juice, bottle	9 months
Nutritional Aid Supplement (Boost, Ensure, etc.)	1 year
Carbonated Beverages (soda, seltzer)	3 months diet / 9 months regular
Water, flavored or non-flavored	Indefinite: store in a cool, dark place
Condiments, Sauces, Syrups	
BBQ Sauce	1 year
Jams, Jellies, preserves	18 months
Ketchup, cocktail, chili sauce: jar, bottle or packet	18 months
Mayonnaise: jar, bottle or packet	3-6 months
Mustard: jar, bottle or packet	2 years
Salad Dressing: Bottled	1 year
Salsa: bottled	12-18 months
Spaghetti Sauce: Can or Jar	18 months
Dry Goods	
Baking: Pancake Mix	9 months
Baking: Brownie, Cake, Muffin Mix	12-18 months
Cereal: Cold or Hot	1 year
Cookies	4 months
Crackers	8 months
Dried Fruit	6 months
Dry Beans	1 year
Graham Crackers	2 months
Macaroni and Cheese Mix	9-12 months
Oatmeal	12 months
Pasta	2-3 years
Peanut Butter	18 months
Popcorn, kernels	2 years
Popcorn, Microwave packets	1 year
Potato Chips	2 months
Potatoes, Instant	1 year
Pretzels	6-8 months
Pudding: Prepared/Shelf Stable	1 week
Rice, Brown	1 year
Rice, White	2 years
Toaster Pastries w/ fruit	6 months
Toaster Pastries w/ NO fruit	9 months
Tortillas	3 months

**FOOD  
BANK**

OF CENTRAL  
& EASTERN  
NORTH  
CAROLINA

# EXTENSION DATES

Refrigerated/Frozen		
Dairy Product		Refrigerated (40 F or below)
Butter		1-3 months
Buttermilk		1-2 weeks
Cheese, hard (such as cheddar, swiss, block parmesan)		6 months unopened, 3-4 weeks opened
Parmesan, shredded		1 month opened
Shredded cheddar, mozzarella, etc.		1 month
Cheese, processed slices		1-2 months
Cheese, soft (such as Brie, Bel Paese)		1 week
Cottage cheese, ricotta		1 week
Cream cheese		2 weeks
Cream, whipping, ultra pasteurized		1 month
Whipped, sweetened		1 day
Aerosol can, real whipped cream		3-4 weeks
Aerosol can, nondairy topping		3 months
Cream, half-and-half		3-4 days
Dips, sour cream based		2 weeks
Egg substitutes, liquid, unopened		10 days
Egg substitutes, liquid, opened		3 days
Eggnog, commercial		3-5 days
Eggs, in shell		3-5 weeks
Eggs, hard cooked		1 week
Margarine		6 months
Milk, plain or flavored		1 week
Pudding Package		1-2 days
Sour cream		14-21 days
Yogurt		10-14 days
Meats, Raw	Refrigerated (40 F or below)	Frozen (0 degrees F or below)
Pork Chops	3-5 days	1 year
Poultry (chicken or turkey, whole cuts)	2 days	1 year
Ground Meats (beef, pork, lamb, or poultry)	2 days	1 year
Meats, Processed	Refrigerated (40 F or below)	Frozen (0 degrees F or below)
Bacon, unopened	2 weeks	6 months
Ham, unopened	2 weeks	1 year
Hot dogs, unopened	2 weeks	9 months
Luncheon meats, deli sliced or opened	3-5 days	Do not freeze
Luncheon meats, unopened commercial package	2 weeks	1-2 months
Prepared Items/Deli Foods	Refrigerated (40 F or below)	Frozen (0 degrees F or below)
Chicken, roasted or fried	3-4 days	4-6 months
Hummus, pasteurized	3 months	Do not freeze
Main dishes, meals	3-4 days	2-3 months
Salads prepared (macaroni, egg, potato, chicken, tuna, etc.)	3-5 days	Do not freeze
Items Purchased Frozen		Frozen (0 degrees F or below)
Chicken nuggets/patties		2 months
Dinners: pies, casseroles, ham, pork or sausage		3-4 months
Dinners: beef, turkey, or chicken		6 months
Ice cream		2-4 months
Vegetables		8 months