



Shelf Life of Pantry Product

“When in doubt, throw it out!”

If you have any questions,
please, call the Westmoreland
 County Food Bank
 at 724.468.8660



Type of Product	When to discard after Sell-by date	
	Shelf or Refrigerated	Freezer
Baby Food (jars/juice/cereals/formulas)	Discard after the date on the product	Do not freeze
Bread/bakery products	n/a	2-3 months
Butter	3 months	12 months
Cake Mix/Brownie Mix	9 months	Do not freeze
Candy (if frozen, chocolate may discolor)	n/a	3-6 months
Canned Goods	12-18 months	Do not freeze
Cereal	6-12 months	Do not freeze
Cheese	2-3 months	6-8 months (if able to freeze)
Chicken (frozen)	n/a	9 months
Coffee	2 years	Do not freeze
Coffee Creamer (liquid)	3 weeks	Do not freeze
Cookies (packaged)	2 months	Do not freeze
Cottage Cheese	10-15 days	Do not freeze
Crackers	3 months	Do not freeze
Cream Cheese	2 weeks	Do not freeze
Dips (cream cheese/sour cream)	2 weeks	Do not freeze
Dried Beans	1 year	
Dried Fruit	6 months	Do not freeze
Eggs	2-5 weeks	Do not freeze
Fish, frozen	n/a	4-6 months
Flour	6-8 months	Do not freeze
Gelatin mix, dry	18 months	Do not freeze
Ground Beef	1-2 days	3-4 months
Hot Dogs	2 weeks	1-2 months
Ice Cream	n/a	1-2 months
Jelly	12 months	Do not freeze
Juice (canned)	9 months	Do not freeze
Juice (frozen from concentrate)	n/a	12 months
Juice, bottled	1 week	Do not freeze
Lunch meats (frozen)	n/a	1-2 months
Mayonnaise	3-4 months	Do not freeze
Meat – Roasts (beef, veal, pork, lamb)	3-5 days	6-9 months
Meat – steaks	3-5 days	6-12 months
Meats (frozen)	n/a	6-9 months
Milk	3-5 days	Do not freeze
Muffin Mix	9 months	Do not freeze
Nuts (bagged & frozen)	6-12 months	1 year
Oils	6 months	Do not freeze
Pancake/Waffle Mix	6-9 months	Do not freeze
Pasta	1-2 years	2 years
Pasta Sauce	24 months	Do not Freeze
Peanut Butter	6-9 months	Do not freeze
Popcorn (microwave)	1 year	Do not freeze
Potato Flakes	6-12 months	Do not freeze
Pudding (ready to eat)	1 month	Do not freeze
Pudding Mix (dry)	12 months	Do not freeze
Pumpkin Pie (frozen)	n/a	1-2 months
Rice	18 months	6 months (cooked)
Salad Dressing	10-12 months	Do not freeze
Salads (prepared/deli)	3 to 5 days	Do not freeze
Salsa (commercial)	12-18 months	Do not freeze
Soup Mix (dry)	12 months	Do not freeze
Sour Cream	2 -3 weeks	Do not freeze
Syrups	12 months	Do not freeze
Turkey (frozen)	n/a	12 months
Venison	n/a	6-12 months
Whipped Cream (aerosol can)	3 weeks	Do not freeze
Whipped Topping, non-dairy	2 weeks	1 year
Yogurt	1 month	Do not freeze

Adapted from publication prepared by USDA, the University of Wisconsin Extension Service and the Cooperative Extension Service, Kansas State University, Manhattan, Clemson University Extension Service, Shelf Life Recommendations <http://www.a1usa.net/gary/expire.html>, and the Texas A&M University Agricultural Extension Service.