



## USDA food best-by extension dates

Most nonperishable food items are safe for human consumption past their best-by dates.

**Please be sure the cans and packages are in good condition, with minimal rust or dents. Any can that is bulging or rounded at the ends is no longer fit for human consumption and may be hazardous.**

Some cans will not have a date stamped on them, but they will have a code. The USDA assures us that if these cans are in good condition, they are safe to eat for an indefinite period of time.

**Canned items (low acid)** are good 2-5 years past the best-by date: including meat, poultry, fish, gravy, stew, soup, beans, carrots, corn, pasta, peas, potatoes and spinach.

**Canned items (high acid)** are good 12-18 months past the best-by date: including juices, fruit, pickles, sauerkraut, tomato soup and foods in vinegar-based sauce.

Baking soda	18 months
Beans (canned)	3 years
Beans (dried)	1 year
Cake, brownie and bread mix	18 months
Cocktail and chili sauce	1 year
Cereal	1 year
Cereal-hot (oatmeal, grits)	1 year
Chocolate (chips, bars, syrup)	2 years
Coffee (beans)	3 weeks
Coffee (ground)	2 years
Coffee (instant)	1 year
Condiments (BBQ sauce, ketchup, horseradish, mustard, molasses)	1 year
Cookies	2 months
Cornmeal	1 year
Cornstarch	18 months
Crackers	8 months
Extracts (vanilla, almond)	3 years
Fish (tuna, sardines, kipper, salmon)	3 years
Flour	1 year
Flour (whole wheat)	3 months
Frosting mixes (canned and powdered)	1 year
Fruit (canned)	18 months
Fruit (dried)	6 months
Garlic (jarred)	18 months
Gravy (jarred)	5 years
Herbs (dried)	2 years
Honey and hot cocoa	Indefinite
Jam and jelly	1 year
Jello	18 months

Juice boxes	6 months
Macaroni and cheese	2 years
Marshmallows	4 months
Mayonnaise	3 months
Meat (canned - beef, pork, chicken)	3 years
Milk (evaporated and condensed)	1 year
Nuts (canned and jarred)	1 year
Oil (olive or vegetable)	8 months
Oil (spray)	2 years
Olives (black and green)	18 months
Olives, salsa and salad dressing	1 year
Pancake mix and Bisquick	15 months
Pasta (dry)	2 years
Pasta (canned, like SpaghettiOs)	3 years
Peanut butter	9 months
Popcorn (jarred)	2 years
Popcorn (microwavable)	1 year
Potato chips	2 months
Potatoes (instant)	1 year
Pudding mixes	1 year
Rice (brown)	1 year
Rice (flavored, herb)	6 months
Rice (white, wild)	2 years
Sauces (cream, jarred)	6 months
Sauces (non-dairy, spaghetti, jarred)	18 months
Soda (bottled)	3 months
Soda (canned)	9 months
Soup (canned, microwave containers)	3 years
Soup mixes (dry)	1 year
Spices (ground)	3 years
Sugar and substitutes	2 years
Sugar (brown)	4 months
Sugar (confectioners)	18 months
Syrup (maple and pancake)	1 year
Tea (instant)	3 years
Tea bags	18 months
Vegetables (all, canned)	3 years
Vitamins	2 years
Water (bottled)	2 years