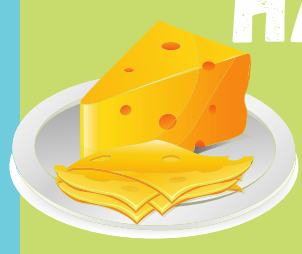
SAFE FOOD EXTENSION DATES

WHAT DO THOSE DATES MEAN & HOW LONG CAN I KEEP IT?

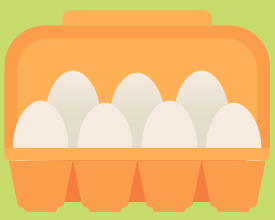
"SELL BY DATE"

A manufacturer's suggestion to the grocery store for dates by which a product should be sold. This date does not determine quality.

MILK
1 WEEK



HARD CHEESE
6 MONTHS



EGGS
4-5 WEEKS

PLANT- BASED MILK
6 MONTHS

BUTTER
3 MONTHS

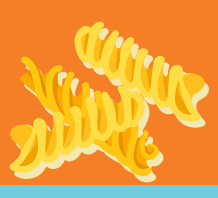
"BEST BY"/ "USE BY"

When the product's flavor and quality will be best. After this date, the product is still safe to eat even though nutrients and quality slowly decline.

BREAD
4 DAYS ON SHELF
14 DAYS IN REFRIGERATOR
3 MONTHS IN FREEZER

WHITE RICE
BROWN RICE 1-2 YEARS

SPAGHETTI SAUCE
18 MONTHS



PASTA
2-3 YEARS

WHOLE WHEAT FLOUR
6 MONTHS

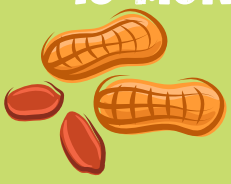
WHITE FLOUR
12 MONTHS

CEREAL/ OATMEAL
1 YEAR

CANNED FRUIT/CANNED SOUP
1-2 YEARS
CANNED MEAT/CANNED FISH
3 YEARS
CANNED BEANS
3 YEARS

DRY BEANS
1 YEAR

PEANUT BUTTER
18 MONTHS



CRACKERS
8 MONTHS

"EXPIRATION DATE"

Only used on baby formula, medicines, and vitamins, and should not be used after the date.

CalFresh HEALTHY LIVING
COUNTY OF SAN DIEGO HHSA HEALTH AND HUMAN SERVICES AGENCY
LIVE WELL SAN DIEGO LIVEWELLSD.ORG
nutrition pantry program
UC San Diego ALTMAN CLINICAL & TRANSLATIONAL RESEARCH INSTITUTE
Center for Community Health

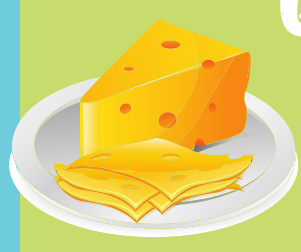
FECHAS DE CADUCIDAD PARA ALIMENTOS SEGUROS

¿QUÉ SIGNIFICAN ESTAS FECHAS Y CUÁNTO TIEMPO PUEDO CONSERVARLO?

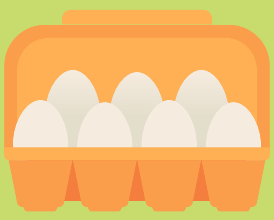
"FECHA DE CADUCIDAD"

Son las fechas que da el fabricante a las tiendas para cuando debe venderse un producto. Esta fecha no determina la calidad.

LECHE
1 SEMANA

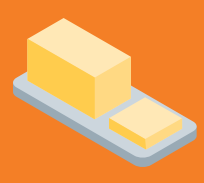


QUESO DURO
6 MESES



HUEVOS
4-5 SEMANAS

LECHE DE ORIGEN VEGETAL
6 MESES



MANTEQUILLA
3 MESES

"BEST BY"/ "USAR ANTES DE ESTA FECHA"

El plazo el sabor y la calidad del producto serán mejores. Después de esta fecha, el producto aún es seguro para comer aunque los nutrientes y la calidad disminuyan lentamente.

BARRA DE PAN

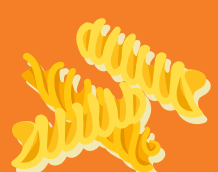
4 DIAS EN EL ESTANTE
14 DIAS EN EL REFRIGERADOR
3 MESES EN EL CONGELADOR

ARROZ BLANCO
ARROZ INTEGRAL
1-2 AÑOS

SALSA DE ESPAGUETI
18 MESES

HARINA DE TRIGO INTEGRAL
6 MESES

HARINA BLANCA
12 MESES



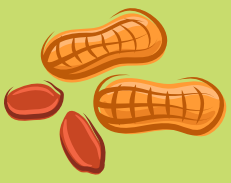
PASTA
2-3 AÑOS

CEREAL/ AVENA
1 AÑO

FRIJOLES SECOS
1 AÑO

FRUTA ENLATADA/ SOPA ENLATADA
1-2 AÑOS
CARNE ENLATADA/PESCADO ENLATADO
3 AÑOS
FRIJOLES ENLATADOS
3 AÑOS

MANTEQUILLA DE MANÍ/ 18 MESES



GALLETAS SALADAS
8 MESES

"FECHA DE CADUCIDAD"

Solo se usa en fórmula para bebés, medicamentos y vitaminas y no debe usarse después de la fecha.

CalFresh HEALTHY LIVING
COUNTY OF SAN DIEGO HHSA HEALTH AND HUMAN SERVICES AGENCY
LIVE WELL SAN DIEGO LIVEWELLSD.ORG
nutrition pantry program
UC San Diego ALTMAN CLINICAL & TRANSLATIONAL RESEARCH INSTITUTE
Center for Community Health