

These dates indicate extensions on food for quality purposes. They are NOT safety dates.

	Dry (50-70°F)	Refrigerator (33°F-39°F)	Freezer (0°F or below)
Baby Food & Formula	Eat by Date on Package	Eat by Date on Package	
Baking Mix (<i>ex: cake, pancake, biscuit</i>)	Date on Package+ 1 year	Date on Package + 2 weeks	Date on Package + 6 months
Beverage (<i>ex: fruit juice, soda</i>)	Date on Package + 9 months	Date on Package + 2 weeks	Date on Package + 6 months
Bread	Wrapped, no mold		Date on Package + 5 months
Bread Products (<i>ex: stuffing, bread crumbs</i>)	Date on Package + 1 year		Date on Package + 1 year
Cereal (<i>ex: oats, cold cereal</i>)	Date on Package + 1 year	Date on Package + 2 days	Date on Package + 1 year
Coffee			
- Ground or whole beans	Date on Package + 4 months		
- Instant	Date on Package + 1 year		
Condiments	Date on Package + 1 year	Date on Package	Date on Package + 6 months
- BBQ Sauce, Ketchup, Mustard, Jelly	Date on Package + 1 year		
- Mayo, Cream Sauce, Tartar Sauce	Date on Package + 6 months	Date on Package + 2 months	
- Salad dressings, commercial bottled	Date on Package + 1 year		
- Misc. refrigerated dressings		Date on Package + 2 months	
Dairy			
- Butter		Date on Package + 1 month	Date on Package + 1 year
- Canned evaporated or condensed milk	Date on Package + 1 year		
- Cheese - hard (<i>ex: Cheddar, Swiss</i>)	Date on Package + 6 months	Date on Package + 1 month	Date on Package + 2 months
- Cheese - shredded	Date on Package + 4 months	Date on Package + 2 months	Date on Package + 4 months
- Cheese - soft (<i>ex: cottage, cream cheese, ricotta</i>)		Date on Package + 2 weeks	Date on Package + 6 months
- Milk (<i>flavored, unflavored, egg nog</i>)	Date on Package + 9 months	Date on Package + 5 days	Date on Package + 6 months
- Sour Cream (<i>ex: creamy dips</i>)	Date on Package + 1 year	Date on Package + 2 weeks	
- Yogurt		Date on Package + 2 weeks	
Dessert (<i>ex: pudding, cheesecake, gelatin, ice cream</i>)	Date on Package + 4 months	Date on Package + 2 weeks	Date on Package + 6 months
Dough (<i>ex: biscuits, pie dough, cookie dough</i>)	Date on Package + 6 months	Date on Package	Date on Package + 2 months
- General Mills Canned Dough		Date + 7 days	

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Eggs - fresh, whole		Date on Package + 5 weeks	
- Dry	Date on Package + 6 months		
- Frozen			Date on Package + 6 months
Grain (<i>ex: barley, rice</i>)	Date on Package + 2 years		Date on Package + 6 months
Meals (<i>ex: soup, frozen entrees, pasta dishes</i>)	Date on Package + 1 year	Date on Package + 4 days	Date on Package + 6 months
Meat, Poultry, Seafood	Date on Package + 6 months (in retort pouch)	Date on Package	Date on Package + 6 months
- Canned (<i>ex: ham, chicken, tuna</i>)	Date on Package + 5 years	Date on Package + 6 months	
Non-Dairy Milk (<i>ex: soy or almond milk</i>)	Date on Package + 6 months	Date on Package + 1 week	Date on Package + 3 months
Nutrition Supplement (<i>ex: Ensure, Boost</i>)	Date on Package	Date on Package	
Pasta (<i>plain, no additional ingredients</i>)	Date on Package + 1 year	Date on Package + 4 days	Date on Package + 6 months
Produce (<i>all fruits and vegetables</i>)		Based on Integrity	
- Canned	Date on Package + 18 months		
- Dried	Date on Package + 6 months		
- Frozen			Date on Package + 6 months
Snack (<i>ex: chips, granola bars, crackers</i>)	Date on Package + 4 months	Date on Package	Date on Package + 4 months
Spices	Date on Package + 6 months		
Vegetable Proteins			
- Beans - canned	Date on Package + 5 years		
- Beans - dried	Date on Package + 2 years		
- Hummus	Date on Package + 9 months	Date on Package + 2 weeks	Date on Package + 5 months
- Peanut butter	Date on Package + 2 years		
- Tofu		Date on Package + 1 week	Date on Package + 5 months

References:

The Commonwealth of Massachusetts Department of Public Health Food Protection Program
 105 CMR 500.000: GOOD MANUFACTURING PRACTICES FOR FOOD
 Food Marketing Institute
 Food Safety and Inspection Service, United States Department of Agriculture, Washington D.C. 20250-3700, February 2007

105 CMR 500.000: GOOD MANUFACTURING PRACTICES FOR FOOD

500.006: Labeling of Food

(B) Open Date Labeling.

(4) Sale of Past Date Food Products. No person shall offer for sale in Massachusetts any food product after the open date unless:

- (a) It is safe for human consumption and its sensory and physical qualities have not significantly diminished;
- (b) It is segregated from food products that are not "past date"; and
- (c) It is clearly and conspicuously marked either on the package or through the use of shelf markers or placards, as being offered for sale after the recommended last date of sale or use

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