

# "CAN I EAT THIS?"

## A GUIDE TO "BEST BY" DATES IN FISHLINE'S MARKET

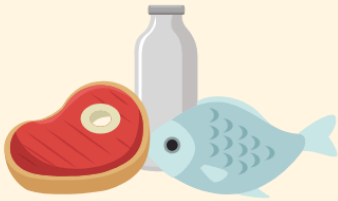
Did you pick out food with an expired date? Don't worry, it doesn't mean it's bad! Use this quick guide of popular items in Fishline's market and information on when that item is still considered safe to consume.

### DAIRY & ALTERNATIVE DAIRY PRODUCTS

Liquid Dairy (Milk, Half & Half, Whipping Cream)  
Soft Cheese, Yogurt, Sour Cream, Cottage Cheese  
Non-Dairy Liquid (Rice, Milk, Soy Milk).  
Eggs, In Shell

### CONSUME BEFORE

10 days  
14 days  
10 days  
1 month



### MEAT & ALTERNATIVE MEAT

Meat, Poultry, Seafood (Refrigerated)  
Meat, Poultry, Seafood (Frozen)  
Meat substitutes (Tofu, etc.) (Refrigerated)  
Meat substitutes (Tofu, etc.) (Frozen)

### CONSUME BEFORE

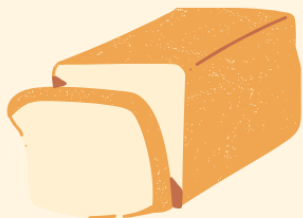
On or before  
Use best judgement  
5 days  
1 year

### DRY & CANNED GOODS

Canned Foods  
Cereal, crackers, and Prepackaged foods  
Dried Goods (Beans, Pasta, Rice, etc.)  
Jarred foods, Shelf stable

### CONSUME BEFORE

2 years  
2 years  
Indefinitely  
Indefinitely



### BAKERY ITEMS

Fresh or Refrigerated  
Frozen  
Tortillas

### CONSUME BEFORE

3 days  
Use best judgement  
2 weeks



Fishline

Still have questions or looking for an Item not listed here? Email [marketmgr@fishlinehelps.org](mailto:marketmgr@fishlinehelps.org) OR visit Food Lifeline's Consumption Guideline here: [nk.fishlinehelps.org/foodlifelineguide](https://nk.fishlinehelps.org/foodlifelineguide)