

# General Guidelines for Freshness

To keep food at freshest for longer make sure your refrigerator is set between 34-40 degrees Farenhient and keep shelf staple items in a cool, dry place



## MILK

Opened, milk is good 4-7 days after expiration date. Unopened 7-10 providing it has ben stored below 40 degree F



## SALAD MIX

As long as they are not mushy, packaged salad greens are good after expiry date, just remove wilted leaves so that the rest of the package stays fresh



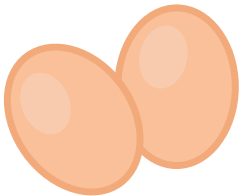
## CANNED FOODS

As long as they have been stored in a cool place and there are no dents or rust on the can they are good 3 or 4 years after expiry date



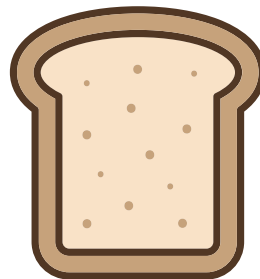
## YOGURT

As long as it remains sealed it is good for up to 3 weeks after expiry date, opened 1 week. Just give the sniff test before eating



## EGGS

The way you tell if an egg is still good after expiry date, put it in a glass of water, if it sinks, its good: if it floats throw it out



## BREAD

Bread might get a little stale after expiry date but is still safe to eat even if there is a little mold on the ends, just cut it off.



## PEANUT BUTTER

Unopened is good for about a year, but after opened it is good 3-4 months in pantry, 6-8 in the frig. "Natural" versions less



## SALAD DRESSING

Dressings are good long past expiry date, but give it the sniff test before eating to make sure the oils haven't turned



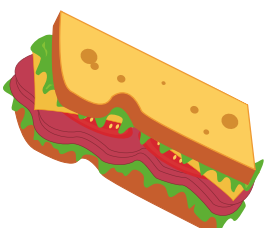
## PICKLED VEGETABLES

Even if opened these can be eaten up to 2 years after expiration date as long as the lid isn't domed



## JAM

Sugar in jam helps keep safe for a long time after the expiry date, just as long as you aren't contaminating with a dirty knife, say peanut butter or something



## LUNCH MEAT

If unopened lunch meat is good up to 2 weeks after expiration date, open it is good for another 3-5 days after expiry date



## PASTA & RICE

These are good for up to 2 years in pantry and 3-4 days in the refrigerator after cooking