

Food Consumption Time Table

1 year past before date:

Shelf sustainable canned fruits, vegetables, pickles, sauces, or pastes. Evaporated, powdered or milk alternatives. Shelf sustainable canned meat, fish beans, chickpeas, nuts, nut butter, seeds, and spam. Dry shelf sustainable cereal, crackers, flour, oats, pasta, rice, quinoa, meals/sides or energy bars. Shelf sustainable cookies, chips, pies, danishes, chocolate, or puddings. Frozen dinners, microwavable meals, self stable canned soups, stews, meals. Shelf stable baby food, relish, ketchup, jam, margarine, mayonnaise, oil, salad dressing, vinegars, spices, sauces, or toppings.

Expiry Date

Shelf sustainable baby formula, supplement beverages (i.e. Ensure), meal replacement or supplement bars.

3 to 6 Months

Juice, water, coconut water. Other drinks: coffee, tea, sport or energy drinks, crystals.

3 Months

Frozen sauces, gravies

72 hours past BB – If frozen 1 month past BB

Perishable cakes, cookies, pies, danishes, chocolate, pudding, pre-cooked or ready-to-eat meals, deli salads, pizza, sandwiches

2 weeks past BB – if frozen 2-3 months past BB

Perishable milk (including dairy alternatives), butter, yogurt, cheese, eggs, ice cream, sour cream

Raw meat and fish

BB or if frozen: Beef, lamb, pork, whole poultry- 1 year past BB date. Poultry pieces – 6 months past BB, ground meat – 2-3 months past BB, fish 2-6 months past BB.

Bread, crackers, cereal, grain

Perishable bread, buns, bagels, pitas, tortillas, flat bread, naan, natzah – No visible rot, mold, or bio-degradable smell

Produce

Perishable fresh fruits and vegetables – No visible rot, mold, or bio-degradable smell

Baked goods and desserts

Perishable cakes, cookies, pies, danishes, chocolate, puddings – 72 hours past BB date. If frozen 1 month past BB date