

About that date...



Lovin' Spoonfuls rescues food beyond best-/sell-by dates using the guidelines below. You can use them, too, to help guide whether a food is still good to eat. **Above all, use your senses!** Give it a look and smell to decide whether it's still good.



Milk

3 - 5 days

Eggs

2 - 4 weeks

Hard cheeses

2 - 4 weeks

Soft cheeses

3 - 5 days

Yogurt

10 - 14 days



Cut fruit

2 - 3 days

Cut vegetables

2 - 4 days

Fruit juices

5 - 7 days

Tofu

2 - 4 days



Bread

2 - 3 days
(fresh-baked) or
5 - 7 days
(packaged)

Packaged goods

Safe beyond sell-by date so long as packaging isn't open, swelling, or severely dented.



Deli meat

1 - 3 days

Other meat, poultry, seafood

Must be fully frozen by sell-by date.

Prepared foods

1 - 3 days