

Shelf Life of Student Life Food Program Products

Shelf-Stable Foods	Shelf Life After Code Date
Canned Foods	
Beans	2 years
Chili	1 year
Soup (Non-Tomato Base)	2 years
Soup (Tomato Base)	1 year
Protein	2 years
Fruit	1 year
Olives	18 months
Veggies	2 years
Sauerkraut	1 year
Baked Beans	1 year
Snack Items	
Cookies	2 months
Applesauce/Fruit Cups	1 year
Crackers	8 months
Graham Crackers	2 months
Chips	2 months
Granola Bars	6 months
Dried Goods	
Macaroni and Cheese	9 months
Pasta	2 years
Cereal	1 year
Nuts (Shelled)	4 months
Nuts (Unshelled)	6 months
Rice	2 years
Rice (Brown or Wild)	6 months
Dried Beans	1 year
Condiments, Sauces, Dressings	
Peanut Butter	6 months
Barbecue Sauce	1 year
Mayonnaise	3 months
Mustard	2 years
Ketchup	1 year
Salad Dressing	1 year
Olive Oil	6 months
Apple Cider Vinegar	5 years
Pasta Sauce	18 months

*Dry or Canned: USDA food has a "Use By" or Quality date. This date is the manufacturer's recommendation for how long the food will maintain peak quality. After the quality date the item has a predetermined shelf life mandated by the USDA.

Shelf-Stable Drinks and Beverages	Shelf Life After Code Date
Coffee (Ground)	1 year
Coffee (Beans)	3 weeks
Coffee (Instant)	1 year
Juice (Boxes)	4 months
Juice (Bottled)	1 year
Milk (Boxed)	6 months
Non-Dairy Milk	6 months
Instant Breakfast	6 months
Protein Shakes	6 Months
Soda/Energy Drinks	9 months
Soda/Energy Drinks (Sugarfree/Diet)	3 months

Meats	Frozen (0° OR below)
Ground Meats	3 months
Whole Chicken/Turkey	1 year
Chicken Pieces	9 months
Steaks	6 months
Chops (Pork/Lamb)	4 months
Bacon	1 months
Sausage	1 month
Lunch Meat	3 months
Fish	3 months

*Meats distributed through the Student Life Food Program should be completely frozen and stored at 0°F or lower. Do not leave meats at room temperature for more than two hours! The USDA recommends meats left at room temperature for two hours be disposed of.

Resources

- I. Foodsafety.gov. "Storage Times for the Refrigerator and Freezer." *FoodSafety.gov*, U.S. Department of Health and Human Services, 23 Aug. 2009, www.foodsafety.gov/keep/charts/storagetimes.html.
- II. "Shelf Life of Food Bank Products." *Pittsburghfoodbank.org*, Greater Pittsburgh Community Food Bank, 2012, www.pittsburghfoodbank.org/wp-content/uploads/2014/08/Shelf-Life-Guide-2013-Update.pdf.
- III. "Shelf-Stable Food Safety." *Food Safety Information*, United States Department of Agriculture Food Safety and Inspection Service, Aug. 2014, www.fsis.usda.gov/wps/wcm/connect/77ffde83-dc51-4fdf-93be-048110fe47d6/Shelf_Stable_Food_Safety.pdf?MOD=AJPERES.
- IV. Warner, K., et al. "Storage Stability of Soybean Oil-Based Salad Dressings: Effect of Antioxidants and Hydrogenation." *National Agricultural Library*, United States Department of Agriculture, naldc.nal.usda.gov/download/23875/PDF.
- V. USDA. "Food Product Dating." *Food Safety Information*, United States Department of Agriculture, Sept. 2011, www.fsis.usda.gov/shared/PDF/Food_Product_Dating.pdf.
- VI. USDA. "Freezing and Food Product Safety." *Food Safety Information*, United States Department of Agriculture, May 2010, www.fsis.usda.gov/shared/PDF/Freezing_and_Food_Safety.pdf.