

Guidelines for Donating Food Past Expiration Dates

Shelf-Stable Foods	Shelf Life After Code Date
Canned Foods	
Beans	3 years
Fish: salmon, tuna, sardines, mackerel	3 years
High-acid foods <ul style="list-style-type: none"> • Fruit (applesauce, juices) • pickles, sauerkraut • baked beans w/ mustard/ vinegar • tomatoes, tomato-based soups & sauces 	1-2 years
Low-acid foods <ul style="list-style-type: none"> • gravy, soups/ broths that aren't tomato-based • pasta, stews, cream sauces • vegetables (not tomatoes) 	2-3 years
Meat: Beef, chicken, pork, turkey	2-3 years
Dried Goods	
Baking mix, pancake	9 months
Baking mixes (brownie, cake, muffin, etc.)	12-18 months
Baking powder	18 months
Baking soda	Indefinite if kept dry
Beans, dried	1 year
Bouillon: beef or chicken	12-24 months
Bouillon: vegetable	12-24 months
Candy (all, including chocolate)	9 months, caramel 18 months, chocolate
Casserole Mix	9-12 months
Cereal	1 year
Cornmeal	1 year at room temperature
Crackers	8 months Except graham crackers, 2 months
Flour, white	1 year
Flour, whole wheat	6 months
Fruit, dried	6 months
Macaroni and cheese mix	9-12 months
Nuts, out of shell	6-12 months, bagged 12-24 months, canned
Nuts, in shell	6-12 months

Oatmeal	1 year
Oil: olive, vegetable, salad	6 months
Pasta, dry	2-3 years
Peanut butter	18 months
Popcorn, kernels	2 years
Popcorn, commercially popped and bagged	2-3 months
Popcorn, microwave packets	1 year
Potatoes, mashed, instant flakes	1 year
Pretzels	6-8 months
Pudding, shelf stable/prepared	1 week
Rice, brown	1 year
Rice, white	2 years
Rice-based mixes	6 months
Spices	Up to 4 years, whole spices Up to 2 years, ground spices Spices lose flavor over time but remain safe to use indefinitely
Stuffing mix	9-12 months
Sugar, brown (light or dark)	18 months
Sugar, confectioners	18 months
Sugar, white	2+ years
Sugar substitute	2 years
Toaster pastries	6 months, fruit 9 months, no fruit
Tortillas	3 months, shelf or refrigerator
Shelf-Stable Beverage	
Cocoa mixes	36 months
Coffee creamer, liquid shelf stable	9-12 months
Coffee creamer, powdered	2 years
Coffee, ground	2 years
Coffee, instant	1-2 years
Coffee, whole bean	1 year, vacuum packed
Juice, bottle, shelf-stable	9 months
Juice, box	4-6 months
Juice, canned	18 months
Milk, evaporated	1 year
Milk, non-fat dry	1 year
Milk, shelf stable UHT	6 months
Milk, sweetened condensed	1 year
Rice milk, shelf stable	6 months
Soy milk, shelf stable	6 months
Tea, bagged	18 months
Tea, instant	3 years
Tea, loose leaf	2 years

This information came from the Greater Pittsburgh Community Food Bank.