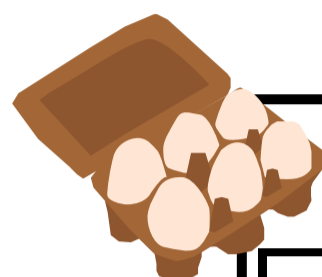


GUIDELINES TO SAFE DONATIONS

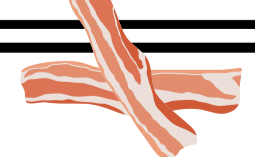
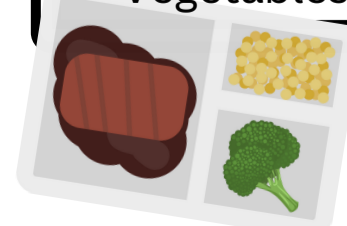
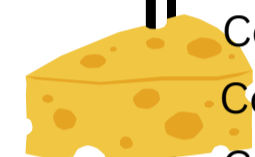
"IS THIS FOOD STILL GOOD?"

At Dare to Care Food Bank, we strive to help those in need have access to safe-to-eat foods without compromising human dignity. Most foods are good past the date printed on the package ("use by", "sell by", "pack" date, etc). *Products for infants shouldn't be donated or consumed after the expiration date and damaged/opened products should not be donated. Here is some helpful information for good donation practices or to help guide you in making the best decision for you and your plate!



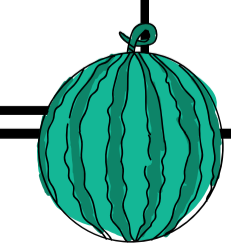
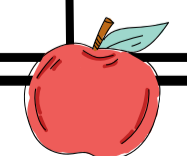
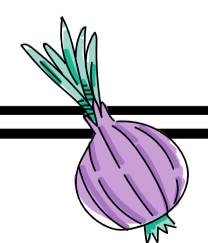
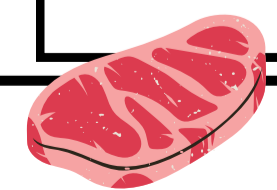
BAKERY/DELI

Product	Safe for up to:
Commercial Baked Bread Products	1 - 2 Days
Commercial Baked Cakes & Muffins	3 - 7 Days
Commercial Baked Doughnuts	1 - 2 Days
Commercial Baked Pastries/Danish	5 - 10 Days
Commercial Baked Soft Cookies	2 - 3 Months
Commercial Brand Vacuum Packed Dinners	2 Weeks
Deli Cooked Pasta/Pasta Salad	3 - 5 Days
Deli Egg Salad	3 - 4 Days
Deli Cut Luncheon Meat or Poultry	3 - 5 Days
Deli Uncooked Pizza	3 - 4 Days
Deli Seafood Salads	3 - 4 Days
Deli Hot Dishes or Meals (refrigerated)	3 - 4 Days
Pre-packaged Luncheon Meat	2 Weeks



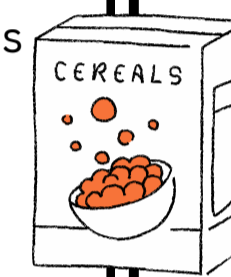
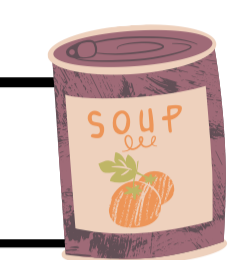
DAIRY

Product	Safe for up to:
Butter	1 - 2 Months
Buttermilk	1 - 2 Weeks
Cheese Slices	3 - 4 Weeks
Cottage Cheese	2 Weeks
Coffee Creamer	3 Weeks
Cream Cheese	2 Weeks
Eggs	4 Weeks
Liquid Eggs	7 Days
Plant Based Milk	7 - 10 Days
Shredded Cheese	1 Month
String Cheese	5 Months
Whipping Cream	1 Month
Vegan Cheese Substitute	4 Months
Yogurt	1 - 2 Weeks



DRY PRODUCT

Product	Safe for up to:
Canned Goods	1 - 2 Years
Cereal	6 - 12 Months
Crackers	8 Months
Chips	2 Months
Dried Fruit	6 Months
Dry Pasta, made without eggs	2 Years
Flour	6 - 12 Months
Granola Bars	6 - 12 Months
Juice	3 Weeks
Salad Dressing	10 - 12 Months
Spaghetti Sauce, in jar	18 Months
Tortillas	3 Months
Tuna Packet	18 Months
Peanut Butter	6 Months



FROZEN PRODUCT

***FROZEN ONLY**

Product	Safe for up to:
Chicken Nuggets	1 - 3 Months
Dough (frozen biscuits, etc.)	12 Months
Fish, breaded	18 Months
Fish, uncooked frozen	6 Months
French Fries	12 Months
Entrees (frozen meals)	12 Months
Berries or other frozen fruit	10 - 18 Months
Ice Cream	6 Months
Ice Pops (popsicles)	9 Months
Juice Concentrate	2 Years
Pancakes/Waffles	3 Months
Pizza	12 Months
Pre-cooked Sausage	1 - 2 Months
Vegetables	10 - 18 Months

MEAT

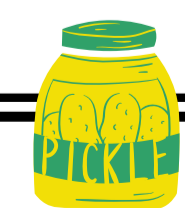
***MUST BE FROZEN BEFORE EXPIRATION DATE**

Product	Safe for up to:
Beef, ground	2 - 4 Months
Beef, steak, cubed, or ribs	4 - 12 Months
Bratwurst	2 - 3 Months
Chicken, ground	3 - 4 Months
Chicken, whole, breast, thighs, or legs	9 - 12 Months
Chicken, rotisserie	4 Months
Ham, uncooked	6 Months
Hot Dogs	1 - 2 Months
Lamb, chops, ribs or loin	4 - 12 Months
Pork, loin roast or chops	4 - 12 Months
Turkey, ground	3 - 4 Months
Variety Meats (liver, tongue, chitterlings, etc.)	3 - 4 Months

PRODUCE

***NO MOLD, SPOILAGE OR BRUISED SPOTS**

Product	Safe for up to:
Apples	3 Weeks
Baby Carrots	4 Weeks
Bagged Greens (leaf, spinach, lettuce, etc.)	3 - 6 Days
Berries (blackberries, raspberries, etc.)	2 - 5 Days
Broccoli	3 - 5 Days
Celery	1 Week
Grapes	1 Week
Melon (watermelon, cantaloupe, etc.)	2 - 7 Days
Squash	1 - 5 Days
Strawberries	2 - 3 Days
Tomato	1 - 7 Days



Still not sure?
Use the food keeper website [foodsafety.gov](https://www.foodsafety.gov) or scan the QR code!

