

FOOD CONSUMPTION timetable



FOODRESCUE.CA

Keeping everyone safe is paramount to all of us involved in rescuing food. Very few foods have an expiry date. Most foods display a best before date which means that food is still edible after the date has passed. This guide helps to clarify when food can be consumed past a best before date. Always use your senses to evaluate food quality.

BB = Best Before Date

FOOD CATEGORY	ITEMS	CONSUME BY
 Produce	Perishable fresh fruits and vegetables	No visible rot, mold, or bio-degrading smell
	Shelf stable canned fruits and vegetables, pickles, sauces, or pastes	1 year past BB
 Dairy / Eggs	Perishable milk (including dairy alternatives), butter, yogurt, cheese, eggs, ice cream, sour cream	2 weeks past BB IF FROZEN 2-3 months past BB
	Shelf stable evaporated, powdered, or milk alternatives	1 year past BB
	Shelf stable baby formula	Expiry date
 Protein	Raw meat and fish	BB or IF FROZEN : Beef, lamb, pork, whole poultry: 1 year past BB Poultry pieces: 6 months past BB Ground meat: 2-3 months past BB Fish: 2-6 months past BB
	Cooked luncheon meats	1 week past BB
	Shelf stable canned meat, fish, beans, chickpeas, nuts, nut butter, peanut butter, seeds, spam	1 year past BB
 Bread / Grain	Perishable bread, buns, bagels, pitas, tortillas, flat bread, na'an, matzah	No visible rot, mold, or bio-degrading smell
	Dry, shelf stable cereal, crackers, flour, oats, pasta, rice, quinoa, meals or sides (I.e.: Kraft Dinner), energy bars	1 year past BB
	Meal replacement or supplement bars	Expiry date
 Baked Goods / Snacks / Desserts	Perishable cakes, cookies, pies, danishes, chocolate, pudding	72 hours past BB IF FROZEN 1 month past BB
	Shelf stable cookies, chips, popcorn, bagged snacks, snack cakes, granola bars (see Bread/Grain for other bar types)	1 year past BB
 Prepared	Perishable single or mixed food that is pre-cooked or ready-to-eat; deli salads, pizza, sandwiches, re-heatable meals	72 hours after rescue IF FROZEN 2-6 months past BB
	Frozen dinners, microwavable meals	1 year past BB
	Shelf stable canned soups, stews, meals	1 year past BB
	Shelf stable baby food	1 year past BB
 Condiments	Frozen sauces, gravies	3 months past BB
	Shelf stable mustard, relish, ketchup, jam, margarine, mayonnaise, oil, salad dressing, vinegars, spices, sauces, toppings	1 year past BB
 Beverages	Juice, water, coconut water	3-6 months past BB
	Supplemental beverages (i.e.: Ensure)	Expiry date
	Other drinks; coffee, tea, sport or energy drinks, crystals	3-6 months past BB

Sources: Canadian Food Inspection Agency (CFIA) and Toronto Public Health

FoodRescue.ca was built and is operated by Second Harvest, Canada's largest food rescue charity.