




How Long Will This Food Last?


Always check the best-before date or expiry date of food. Food that is spoiled may not look or smell differently. If you are not sure whether a food is spoiled or past its expiry date, it's safer to throw it away.

GRAINS




WHITE RICE	SEVERAL YEARS
BROWN RICE	6-12 MONTHS
BARLEY	6-12 MONTHS
PASTA	2 YEARS
BREAD CRUMBS	3 MONTHS

FRUIT & Vegetables




ONIONS	2 MONTHS: DARK DRY PLACE OR 3 WEEKS: ROOM TEMP
POTATOES	...	2 MONTHS: DARK, DRY PLACE OR 1 WEEK: ROOM TEMP
FRESH CARROTS	SEVERAL WEEKS: FRIDGE
CANNED VEGETABLES AND FRUIT	CHECK THE EXPIRY DATE

MEAT Alternatives



CANNED BEANS	CHECK THE EXPIRY DATE
DRIED BEANS	1 YEAR
PEANUT BUTTER UNOPENED	CHECK THE EXPIRY DATE
OPENED	2 MONTHS
CAN LIGHT TUNA	CHECK THE EXPIRY DATE

MILK



MILK POWDER UNOPENED	1 YEAR
OPENED	1 MONTH
MIXED	4-5 DAYS
FLUID MILK	CHECK THE BEST BEFORE DATE

Best Before Date: Tells how long the product is likely to remain at its best quality when unopened. This date does not guarantee product safety.

Expiration Date: Foods should not be eaten if the expiration date has passed. They should be discarded.

*Food quality and safety is always conditional on proper food handling and storage.