

About that date...



Spoonfuls recovers food beyond best-/sell-by dates using the guidelines below.

You can use them, too, to help guide whether a food is still good to eat.

Above all, use your senses! Give it a look and smell to decide whether it's still good.



Deli meat

3 days past date

Other meat, poultry, seafood

Fully frozen by date

*Includes plant-based
meats and cured
meats and seafood.*

Prepared foods

3 days past date



Milk

2 days past date

Eggs

3 weeks past date

Hard cheeses

4 weeks past date

Soft cheeses

5 days past date

Yogurt

14 days past date



Cut

vegetables

4 days past date

Cut fruit

3 days past date

Fruit juices

7 days past date

Tofu

6 months past date



Bread

3 days past date
(fresh-baked) or

7 days past date
(packaged)

Packaged goods

Safe beyond
sell-by date so long
as packaging isn't
open, swelling, or
severely dented.