Shelf Life Guide Lesson
Food Waste Facts

• In the U.S., 40% of all food produced goes uneaten.

• While the world wastes about 1.4 billion tons of food every year, the United States discards more food than any other country in the world: nearly 40 million tons — 80 billion pounds — every year.

• It is estimated that reducing food waste by 15% could feed more than 25 million Americans every year.

• The Food Date Labeling Act of 2021, if passed would replace existing language for “use by” and best buy if used.”
Agenda

Decoding Dates
Proper Storage
What Not to Consume
Product Shelf Life Guide
Decoding Date Codes

Expiration Date

**FOUND ON**
Baby food, formula, medicines, vitamins, yeast, baking powder.

**WHAT IT MEANS**
Do **NOT** distribute or use after the expiration date! Yeast and baking powder work less well, but are safe to eat.

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EXPIRES 11/15/18
DO NOT USE AFTER 1/15/18

Pack Date

**FOUND ON**
Canned foods, crackers, cookies, spices.

**WHAT IT MEANS**
This is the date the food was packaged, often displayed in a numerical code. Usually this food is of good quality and safe to eat for a long time past the date.

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Packed on 03/01/20
22:53:06.412
KL064
Decoding Date Codes

**Sell By**

**FOUND ON** Refrigerated foods such as milk, yogurt, eggs, lunch meat.

**WHAT IT MEANS** The store must sell these foods before the code date listed. If the food has been handled properly it is still safe to eat and the quality is good.

**Use By**

**FOUND ON** Crackers, cookies, cold cereals and other dry, shelf stable food.

**WHAT IT MEANS** The manufacturer’s recommendation for how long the food will be at peak quality. After this date, the food is still safe to eat but begins to lose nutrients and quality.
Proper Storage Temperature

**DRY STORAGE**

- Temperature between 50° - 70°F.
- Rotate stock so that older foods are distributed first.

**FREEZER**

- Temperature should be 0°F.
- Freezer can be as cold as -20°F if you have something like ice cream present.
Proper Storage Temperature

REFRIGERATOR

- Temperature should be between 32°F - 40°F.
- Set refrigerator air temperature at 39°F to maintain internal temperature of food at 41°F.
- Leave space for air to circulate between items.
What Not to Consume

**CANS & JARS**
- Leaking or stained
- Swollen can
- Rusty
- Badly dented, crimped or pinched
- Container is cracked
- Foul odor
- Safety seals are broken or missing
- Lids are loose or missing
- Food exhibits changed color or odor—**never taste suspicious foods**!

**BOXES**
- **Boxes with an inside bag:**
  - Bag is torn or leaking
  - Bag has moldy or foreign objects inside
  - Bag seals are ripped
- **Boxes without an inside bag:**
  - Box is open or torn
  - Box is stained or wet

DISCARD WHEN
<table>
<thead>
<tr>
<th>Product</th>
<th>Pantry Stored</th>
<th>Refrigeration After Opening</th>
<th>Stored Frozen</th>
</tr>
</thead>
<tbody>
<tr>
<td>Commercial bread products (pan bread, flat bread, rolls and buns)</td>
<td>12 months</td>
<td>2-3 weeks</td>
<td>3-5 months</td>
</tr>
<tr>
<td>Commercial cakes and muffins</td>
<td>3-7 days</td>
<td>7-10 days</td>
<td>6 months</td>
</tr>
<tr>
<td>Cookies, crispy</td>
<td>4-6 months</td>
<td></td>
<td>8-12 months</td>
</tr>
<tr>
<td>Cookies, soft</td>
<td>2-3 months</td>
<td></td>
<td>8-12 months</td>
</tr>
<tr>
<td>Corn tortillas</td>
<td>7-10 days</td>
<td>6-8 weeks</td>
<td>6-8 months</td>
</tr>
<tr>
<td>Flour tortillas</td>
<td>1 week</td>
<td>3-4 weeks</td>
<td>6-8 months</td>
</tr>
<tr>
<td>Pita bread</td>
<td>2-4 days</td>
<td>4-7 days</td>
<td>4 months</td>
</tr>
<tr>
<td>Pastries, danish</td>
<td>5-10 days</td>
<td>14 months</td>
<td>Do not freeze</td>
</tr>
<tr>
<td>Tortillas</td>
<td>3 months</td>
<td>3 months</td>
<td>6 months</td>
</tr>
<tr>
<td>Whole wheat tortillas</td>
<td>1 week</td>
<td>3-4 weeks</td>
<td>6-8 months</td>
</tr>
</tbody>
</table>
Finding the Shelf Life Guide

Step 1: Home
Step 2: Scroll down and select the Resources Category
Step 3: Select Documents
Step 4: Select the Shelf Life Guide
Questions?