

SHELF LIFE

WHAT TO KEEP & WHAT TO PITCH WHEN IT COMES TO PRODUCT EXPIRATION

Depending on where you live and what stores you visit, you've probably seen all sorts of different dates on product labels. Many aren't aware, however, that "best by" or "sell by" dates aren't actually the dates on which foods expire. Here are some hints to help you sort through the confusion and keep things fresh.

HOW LONG COMMON GROCERIES LAST IN THE FRIDGE

These items are typically good for the following durations in the fridge. Make sure to give precedence to the label if a product has a clearly-marked expiration date, however.

COOKED MEAT

3-4 DAYS

MILK

7 DAYS

STEAK

3-5 DAYS

EGGS

3-5 WEEKS

RAW GROUND MEAT

1-2 DAYS

POULTRY

1-2 DAYS

LUNCH MEAT

2 WEEKS UNOPENED,
3-5 DAYS OPENED

OTHER COMMON HOUSEHOLD ITEMS

While these items don't necessarily become toxic past their expiration date, they can start to lose their effectiveness. You may need to track the date of purchase for these goods yourself, as expiration dates aren't always included on their labels.

MAKE-UP & COSMETICS

TEND TO LOSE POTENCY AFTER 1 YEAR

HYGIENE PRODUCTS

MORE VARIED BUT USUALLY DECLINE AFTER 2 YEARS

CLEANING SUPPLIES

CAN START TO WEAKEN SIGNIFICANTLY AFTER 2 YEARS

THINGS THAT FEEL LIKE THEY NEVER EXPIRE

HONEY

CAN LAST FOR YEARS ON END WHEN PROPERLY STORED

NUTS

CAN STAY GOOD FOR 1 YEAR OR MORE

CANNED FISH & MEAT

TYPICALLY REMAINS SAFE TO EAT FOR 2+ YEARS