



BEST BEFORE REDUCE YOUR FOODPRINT

VEGETABLES	DAYS	WEEKS	MONTHS
Artichokes	3		
Asparagus & Beans: green and waxed	3		8-12
Beets, Carrots, Cabbages, Celery		1-2	8-12
Broccoli & Brussels sprouts	3-5		8-12
Cauliflower		1	8-12
Corn on the cob	5		8-12
Cucumber		1	
Eggplant	2-3		8-12
Lettuce, Salad Greens, Green Onions	3-5		
Mushrooms	1-3		8-12
Onions, cooking (in cool, dark cupboard)		3	
Parsley	2-3		3-4
Peas	3-5		8-12
Peppers, green, red, yellow, orange		1	8-12
Potatoes (in cool, dark cupboard)		2-3	
Radishes		1-2	
Spinach, other Greens & Squash, summer	3-5		8-12
Squash, winter			12
Sweet potatoes		3-4	
Tomatoes, freeze when ripe	4-6		3/R
Vegetables, canned **	3/O		12/U
FRUIT	DAYS	WEEKS	MONTHS
Apples		4	8-12
Avocados, once they're ripe	2-3/R		8-12/R
Bananas, Plantain, Papayas, Mangos	1-3		8/R
Berries and cherries	2-3		8-12
Citrus fruit		3	8-12
Cranberries and Rhubarb		1	8-12
Dried fruit			6
Fruit, canned	4/O		12/U
Grapes	5		10-12
Melons		1	8-12
Peaches, nectarines	1-3		8-12
Pineapples	5-7		4-6
Pears & plums	3-5/R		8-12
NUTS & COCONUT	DAYS	WEEKS	MONTHS
Nuts & Shredded Coconut			6 12
FISH & SEAFOOD	DAYS	WEEKS	MONTHS
Fish, cooked	4		4-6
Fish, breaded			3
Fish, canned	2/O		12/U
Fish, fatty	2		2-3
Fish, lean	2		6
Fish, smoked		2	2
Lobster, Crabmeat, Oysters-fresh	2		2-3
Shrimp, Scallops, Squid	2		3-6
DRIED GOODS, CEREALS, STAPLES	DAYS	WEEKS	MONTHS
Baking powder & Soda			12-18
Beans & Pulses, dried			12
Cereal, ready- to-eat			3/O 12/U
Flour: unbleached & whole wheat			6-8
Oatmeal, Cooking Cereals			6
Popcorn			24
Rice, brown or wild			12
Rice, white & Barley			18-24
Sugar, brown / white			4/b 18/w
FATS & OILS	DAYS	WEEKS	MONTHS
Oils, olive or vegetable			3/O 6/U
Vegetable shortening			9

LEGEND

COUNTER

FRIDGE

FREEZER

Use your best judgment when using stored food. If you are unsure, compost it.
Freezer storage times are for quality only. Do not use food products past their Expiry Date.

B+ Time food is safe beyond the Best Before date. **/O** Opened. Transfer food to another container for storage. **/U** Unopened. **/R** When ripe.

FOODPRINT IS GENEROUSLY SUPPORTED BY:

MEAT & DAIRY	DAYS	WEEKS	MONTHS
Bacon		1	1
Beef, ground, stewing meat, liver	2		4
Beef, Steaks, Roasts	5		12
Butter, salted & Margarine			1-3 6-9
Buttermilk		2	
Cheese, hard			1-2
Chicken, Turkey	2		9
Cottage cheese, Ricotta	5-7		2-8
Cream cheese, Chevre & Soft Cheeses		B+2	
Cream, half and half	4		4
Deli meats		1/O 2/U	1-2/O 1-2/U
Duck, Goose, Wild Game	2		3
Eggs, hard boiled & in shell		1	
Eggs, raw & in shell		B+3	
Ice cream, & Sherbet			2
Lamb, chops	2-3		9
Milk, evaporated	5/O		9-12/U
Milk, fresh		B+1	B+3
Pork, chops	5		6
Sausage: raw chicken, turkey, pork, beef	1-2		1-2
Sour cream		B+ 1-3	
Tofu	1	4	
Whipped cream			1
Whipping cream		B+ 2	B+ 2
Yogurt	B+ 1		B+ 2
PASTA & CANNED GOODS	DAYS	WEEKS	MONTHS
Mayonnaise (commercial)		8/O	2-3/O 12/U
Noodles, egg, dried			6
Olives, jar			2/O 24/U
Pasta, dried			12-18
Pasta, fresh		1	1
Pickles, jar			2/O 12/U
Tomato Sauce	4/O		12/U
Vanilla extract, & Vinegar			12/O 24/U
SPICES & HERBS	DAYS	WEEKS	MONTHS
Spices & Herbs, ground/whole			12/g 24/w
PREPARED FOODS	DAYS	WEEKS	MONTHS
Bread, biscuits, rolls, muffins, pancakes	3-7		2-3
Cakes	1-3	6	
Catsup, chilli, cocktail sauce, mustard			6/O 36/U
Cheese cake	3-7		2-3
Coffee & tea, dry, in airtight container		6	
Cookies, baked	5-7	4-6	
Doughnuts, Danish	1-3		2
Fruitcake			8 12
Guacamole, Hummus (commercial)	5-7/O		1/U 2/U
Honey, jam, jellies, syrup opened			6-8/O
Meat or poultry, cooked	3-4		2-6
Peanut butter			6-8/O
Pie, fruit	2-3		12
Pie, mincemeat	2-3		4-8
Pie, pumpkin	2-3		1
Pies, fruit, unbaked			8
Salad dressing, bottled		12/O	12-18/U
Salads, egg, chicken, tuna & macaroni	3-5		
Sandwiches	1-2	1	
Stews, Soups, Sauces: vegetable or meat	3-4		2-3

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