

## Keep It or Toss It?

**How long** will your favorite food or beverage stay safe and tasty? What's the **best way** to store it?

Get the answers for thousands of items!

Type in food or beverage name here ... or browse categories below

## Today's Tips

**Long-Lasting Produce**  
7 popular choices

**Your Questions Answered**  
Keeping thawed ground beef

## Browse Shelf Life Information By Category

 Fruits	 Vegetables	 Dairy & Eggs	 Meat & Poultry	 Fish & Shellfish
 Nuts, Grains & Pasta	 Condiments & Oils	 Snacks & Baked Goods	 Herbs & Spices	 Beverages

“StillTasty’s food storage information is drawn from multiple sources. A primary source is the food safety research conducted by U.S. government agencies, including the United States Department of Agriculture, the U.S. Food & Drug Administration and the U.S. Centers for Disease Control and Prevention.”

-Source: stilltasty.com

## Still Tasty Guidelines

Item	Discard After Expiration Date (Months)	Item	Discard After Expiration Date (Months)
Canned Tomatoes	18	Spices	24
Canned Fruit	18	Seasonings	24
Other Canned Goods	60	Canned Juice	18
Plain Pasta	24	Other Drinks	9
Rice	24	Peanut Butter	6
Beans	24	Jelly	6
Jell-O	24	Coffee	24
Powdered Mixes	24	Tea	24
Other Dry Goods	12	Powdered Drinks	24
Chips	2	Medicine	0
Cookies	2	Weight Control Products	0
Other Snacks	6	Artificial Enhancements	0
Cream Based	0	Nicotine Alternatives	0
Condiments	12	Non-Alcoholic Mixers	0
Dressings	12		