

# NONPERISHABLE FOOD DISTRIBUTION GUIDELINES



Blue Ridge  
— AREA —  
**FOOD  
BANK**

A member of  
**FEEDING  
AMERICA**

*All items must be fully intact, original cans with a label that includes:* Product Description; Ingredients; Distributor; Net Weight

- Discard cans that are leaking, rusting, bulging, badly dented, or with a foul odor; and cracked jars or jars with loose or bulging lids.
- In general, most canned foods have a long shelf life, and when properly stored, can be eaten for several years.
- Still, *when in doubt – throw it out!*

## Disposal Dates by Product Type

TYPE OF FOOD		SAFE TO DISTRIBUTE BASED ON PRODUCT DATE	
Baby Food & Nutritional Supplements	All	Package Use By Date	
Baking Ingredients	Baking Powder	6 months	
	. Baking Soda . Brownie mixes . Cake mixes . Candy (all kinds, including chocolate)	. Coconut (granulated) . Cookie mixes . Cornstarch . Gelatin . Sugar (brown, confectioners)	18 months
	. Biscuit Mix . Cornmeal . Flour (white) <i>*Allergen*</i> . Frosting (dry)	. Milk (evaporated, powdered, sweetened, condensed) . Pancake Mix . Pudding Mixes . Tapioca	1 year
	. Chocolate Chips (unsweetened or semi-sweet) . Chocolate Syrup	. Sugar (granulated) . Sugar Substitutes	2 years
	Cocoa		Indefinitely
	Flour (whole wheat) <i>*Allergen*</i>		1 month
	Frosting (canned), Fruit (dried)		10 months
	Marshmallows, Marshmallow Cream		4 months
	Beans & Legumes (dried)	. Beans . Lentils . Peas	1 year

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Canned Food	<b><i>Low acid foods (most canned goods) including:</i></b> .Beans      .Gravy      .Peas      .Soups .Carrots    .Fish      .Potatoes    .Spinach .Corn      .Meat      .Poultry      .Stews	2 years
	<b><i>High acid foods including:</i></b> .Fruit      .Pickles      .Vinegar-Based Products .Juices    .Sauerkraut .Pasta      .Tomato-Based Products	18 months
Cereal and Oats	Ready-to-eat or cook before eating	1 year
Coffee	Instant	2 years
	Ground (in cans)	2 years
	Whole Beans	3 weeks
Condiments	.BBQ Sauce      .Ketchup      .Salad Dressings .Cocktail or Chili Sauce    .Mustard      .Salsa .Horseradish      .Picante	1 year
	Garlic (chopped), Olives (black and green)	18 months
	Gravy (jars & cans)	2 years
	.Honey      .Syrup (pancake, maple & other) .Molasses	1 year
	Mayonnaise	3 months
	Oil (nut, olive, vegetable)	6 months
	Shortening (solid)	8 months
	Steak Sauce, Worcestershire Sauce	15 months
	.Vegetable Oil Spray      .Spices (dried and whole) .Vinegar	2 years

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Drinks	. Carbonated Cola, . Mixers . Diet Soda (bottles or cans)	3 months
	Regular Soda (bottles)	3 months
	Regular Soda (cans)	9 months
	Tea (instant and loose)	2 years
	Tea (bags)	18 months
	Water – bottled	1 year
Dry Goods	. Gravy Mixes . Rice (white or wild) . Pasta (without eggs) . Sauce Mixes	2 years
	. Potatoes (instant) . Soup Mixes	6 months
	. Rice (brown, flavored mixes) . Stuffing Mix	
Hard Candy	All types	3 years
Jarred Foods	. Cream Sauces . Jellies . Spaghetti Sauce . Honey . Preserves . Jams . Pickles	1 year
Snacks	. Cookies (packaged) . Potato Chips . Graham Crackers	2 months
	Crackers	8 months
	. Nuts (jars and cans) . Popcorn (microwaveable) . Nuts (shelled)	1 year
	Popcorn (popped in bags)	3 months
	Toaster Pastries (with fruit)	6 months
	Toaster Pastries (without fruit)	9 months