

# Can I keep the locker for a few days after the expiration

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"We wouldn't recommend eating high-moisture, low-salt items past their expiration dates because of bacteria growth that can lead to food poisoning," he says.

Once you open the package, it's a different story: The life span of many ingredients falls drastically, sometimes to just a few days. Fortunately, there are a few ways to keep tabs on the food...

Some foods spoil quickly after their expiration dates, which increases your risk of foodborne illness. Here are the worst culprits.

Think expired means trash? Not always. Here's the truth about expiration dates and which foods you can safely keep past the label.

There are some foods you can keep past their expiration date, and then there are foods you absolutely shouldn't keep after they expire. Even if you can keep them past the expiration date, ...

The amount of time you can safely consume food after its expiration date varies significantly depending on the food category. Here's a general guideline, but remember that these are estimates and depend ...

"They can safely be used months or even years after the expiration date if kept in a cool, dry environment. If they look normal and are free of mold, they are safe to eat but may become ...

How long food is good after its expiration date depends on the kind of food and how you store them. Knowing the five different terms used as expiration dates on food labels can help you determine if a ...

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