

Find the Perfect Date

Use the **FOOD DATING STAMPS** on packaging to know when to love 'em or leave 'em.



When it doubt,
Throw it out.

Phrases:

Love 'Em

Leave 'Em

Use-By:

Use the food before the date has passed for best quality.

Toss the food after the date has passed. Canned food can still be good quality

Exp (Expiration):

Use the food before the date has passed.

Exception: Eggs, which can be used 3-5 weeks AFTER the expiration date

Sell-By:

Use before or shortly after the date has passed in home storage; Foods close to their sell-by date are sometimes put on sale.

Do not buy from store after date has passed.

Best if used by/before:

Use before or shortly after the date has passed for the best quality of food.

Toss a few days after the date has passed; if not stored properly, toss sooner.

! Ditch all prepackaged, washed produce and infant formula after the date has passed regardless of the phrase used !

Food Safety and Inspection Service, USDA. Food Product Dating. <http://www.fsis.usda.gov/wps/portal/food-safety-education/get-answers/food-safety-fact-sheets/food-labeling/food-product-dating/food-product-dating>

Food Safety and Inspection Service, USDA. Freezing and Food Safety. http://www.fsis.usda.gov/wps/portal/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/freezing-and-food-safety/CT_Index

Egg Safety Center. How long are eggs safe to eat after purchasing? <https://eggsafety.org/faq/how-long-are-eggs-safe-to-eat-after-purchase/>