

Find the Perfect Date

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



Phrases:

Use-By:

Love 'Em

Use the food before the date has passed.

Leave 'Em

Toss the food after the date has passed.

**Exp
(Expiration)**

Use the food before the date has passed.

Toss after 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 in proper home storage.

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



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



 Sources

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