Find the Perfect Date

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

**Phrases:**

- **Use-By:**
  - Use the food before the date has passed for best quality.
- **Exp (Expiration):**
  - Use the food before the date has passed.
- **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.
- **Best if used by/before:**
  - Use before or shortly after the date has passed for the best quality of food.
- **Love 'Em**
- **Leave 'Em**
  - Toss the food after the date has passed. Canned food can still be good quality
  - Exception: Eggs, which can be used 3–5 weeks AFTER the expiration date
  - Do not buy from store after date has passed.
  - Toss a few days after the date has passed; if not stored properly, toss sooner.

**Sources**


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Created by: Carley Carpenter | Student Worker | https://nfs.tamu.edu/extension | Updated July 2018

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