

# Know Your Food Dates

For best quality, try to eat the foods you buy **before** the date on the package. After that date, most foods are safe to eat if they have been handled safely. Don't let good food go to waste!

## Common Phrases

### What does it mean?

### Safe to eat after the date?

#### Use-By:

Last day the food should be eaten for best quality. This date is determined by the manufacturer

Yes, except for infant formula and washed, cut & packaged produce. Most other foods are safe.

#### Exp (Expiration):

Last day a food should be eaten for quality or nutritious reasons.

Yes, except formula and washed, cut & packaged produce. Eggs can be used up to 30 days **AFTER** the date.

#### Sell-By:

How long the food should stay on store shelves for best quality. Determined by the manufacturer.

Yes, except for infant formula & washed, cut and packaged produce. Foods nearing the date may be discounted for quick sale.

#### Best if used by/before:

The last day to eat the food for peak quality and flavor. Not an indication of safety.

Yes, except for infant formula and washed, cut & packaged produce. Most other foods are safe.

Remember, throw out all prepackaged, washed & cut produce and infant formula after the date has passed no matter what type of date is used.

#### Sources

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>. Accessed 04/2020.  
Egg Safety Center. How long are eggs safe to eat after purchasing? <https://eggsafety.org/> Accessed 4/2020