

IS THIS FOOD EXPIRED?

UNDERSTANDING DATE LABELS

The dates that food companies put on packages are not regulated and do not mean that the food is unsafe to eat, except in the case of baby formula. Most foods are still tasty and nutritious after the date has passed. Not sure if food is spoiled? Check for off odor, flavor or texture.

"BEST BY" OR "BEST IF USED BY" DATE

This date tells you when the food will have the **best flavor**.
It is **still safe to eat** past this date.

"USE BY" OR "EXPIRATION" DATE

This is the last date that the product will be at its **peak quality**.
It is **still safe to eat** past this date (except for baby formula).

"PACKING/MANUFACTURING" DATE

This is the date used by manufacturers for tracking.
It is **not an expiration date** - it is not related to food quality or safety.

"SELL BY" DATE

This tells the store how long to display the product for sale.
It is **still safe to eat** past this date.

GOOD FOR UP TO ONE YEAR AFTER THE DATE:

- Packaged food like cereal, pasta, dried beans, and baking mixes
- Frozen foods
- Canned goods including soup, condiments, meat, fruit, and vegetables

GOOD FOR UP TO 30 DAYS AFTER THE DATE:

- Butter
- Cheese
- Eggs

GOOD FOR UP TO SEVEN DAYS AFTER THE DATE:

- Milk
- Yogurt
- Cream Cheese

Questions? Contact us at 215-223-2220 or info@sharefoodprogram.org.

