

KNOW YOUR DATES

SELL-BY DATE

The last day a food should be sold in a store

A food is safe to eat after the "Sell-By Date" IF it has been handled and stored safely

Do not buy a food if its "Sell-By Date" has passed

SELL-BY DATE
08/11/07

BEST IF USED BY DATE

Eat the food before that day for best quality and/or flavor

A food is safe to eat after this day has passed IF it has been handled and stored safely

Found on canned foods, frozen foods, and cereals

BEST IF USED BY:
09/03/07

USE-BY DATE

The last day you should eat a food to get its best quality

Foods are safe to eat after the "Use-By Date" IF they are handled and stored safely (except bagged produce)

Throw away bagged produce after the "Use-By Date"

USE BY 01 JUL 07

EXPIRATION DATE

The very last day that a food is safe to eat

After the "Expiration Date" has passed, the food should be thrown away (except eggs)

Eggs can be used up to 30 days after "Expiration Date"

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EXP JAN 23