

DATE LABELS

EXPLAINED

Good food doesn't have to be wasted because of confusing date labels! Most date labels tell you about food quality and not necessarily food safety.

Manufacturers create date labels as a best guess to how long a food will taste freshest. Many foods will still be good to eat well after those dates. Here's how to use your own judgment to determine if your food is safe to eat.

DID YOU KNOW

20% of consumer food waste is caused by

CONFUSION OVER DATE LABELING



Food Safety labels

"Use by"

"Freeze by"

Food kept past these dates **may be unsafe** to consume. Be wary of deli meats and prepared foods!



Food Quality labels

"Best if used by"

"Best before"

"Sell by"

Food kept past these dates **should be safe** to consume, but use your senses to determine when it has gone bad.

This is for grocery stores. Not an expiration date.

DON'T FORGET
FOOD WASTE
goes in the
GREEN BIN



Signs of Spoil



- Mold, smell, discoloration, slimy film
- Safety seal broken or missing
- Dents or damages near can rims or lids
- Swollen plastic packaging (for packaged raw meats)

Maybe it's time to let it go...

