



WHAT DO DATES ON FOOD REALLY TELL US?

Food for thought

The U.S. wastes nearly 30-40% of the nation's food supply this is more than any other country on the planet

Food choices begin at the grocery store. Confusion surrounding food dates contributes to 30% or more of the U.S. food supply being wasted. Here are some food safety guidelines to keep in mind to help you make informed choices at the store

Understand the difference between "Best by" and "Use-by" dates

"Best by" means that the product will maintain its peak freshness if used by that date. However, it can still be safely consumed beyond that date.

"Use-by" is the last date for the use of the product while at peak quality. It is not a safety date except for when used on infant formula

"Sell-By" indicates the last date a product should be sold by the retailer for inventory purposes

Extend the life of your groceries beyond their dates

Codes and dates on cans do not necessarily reflect food safety. In fact, they are primarily used for inventory management and recall purposes

Rely on self-examination of food products for safety

Assess changes in odor, color, texture, and taste to determine if food is safe to consume, regardless of printed dates. Discard cans that are rusted, dented, or swollen at the rims and seams, as these qualities may indicate possible contamination.