



In the US, food dating is NOT regulated by the government.



So how do we know what is safe to eat?



The manufacturers and stores are responsible for maintaining safe food on the shelves for consumers.







Sell-By

- This is the last date the store can display the item.
- Food should be safe to eat for up to 7 days after this date if stored properly.

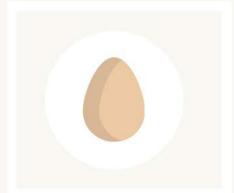
Use-By or Best-By

- This date is when the food is at its optimum freshness and flavor.
- This date references QUALITY, not SAFETY.
- Food may not be as fresh or tasty after this date but it is not "bad".

Expiration Date

- This should be taken seriously.
- If the date has passed, discard the product.

How Long Will it Last?



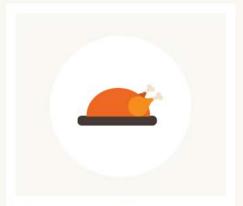
The date on the egg carton is not an expiration date. Eggs should be good for up to 4 weeks after the carton date.



Milk should last 5-7 days after the "sell-by" date. Always look for the latest date when buying.



Cheese can range from 2 weeks, for soft cheese, to 6 months for hard cheese.



Poultry should be used within 1-2 days of purchase or frozen.



Meat should be used within 3-5 days of purchase or frozen.



Bottle water is good indefinitely despite a "useby" date.



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