



**#1**

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

**#2**

So how do we know what is safe to eat?

**#3**

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 "use-by" date.



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