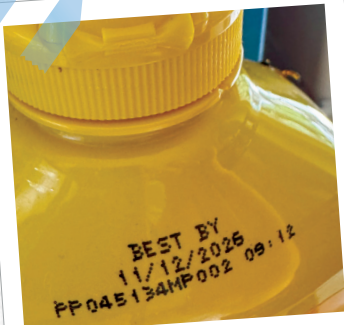


FOOD DATE LABELS

EXPLAINED

Food date labels serve as quality indicators – and understanding what they mean can help you shop smarter, plan meals better and make the most of what you've got in the fridge.



BEST BY

What it means:

Use food before this date for the best taste and quality.

The takeaway:

Food doesn't automatically go bad after that day.



USE BY

What it means:

It's the last recommended date to use the food at peak quality.

The takeaway:

Use your judgment; this date doesn't always mean the food has gone bad.



SELL BY

What it means:

Determines how long the item should be on the shelf.

The takeaway:

It is for the store, not a deadline for eating it.



CHECK IT BEFORE YOU CHUCK IT.

Trust your senses – check for:

- ✓ Weird smell
- ✓ Mold
- ✓ Major color change
- ✓ Slimy or strange texture

PRO TIP:

Proper storage helps food last longer. Keep foods sealed, refrigerated or frozen as directed, and keep older items up front so they get used first.

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