What does the date really mean?

**KNOW YOUR DATES**

**SELL-BY DATE**
The last day a food should be sold in a store

A food is safe to eat after the “Sell-By Date” IF it has been handled and stored safely

Do not buy a food if its “Sell-By Date” has passed

**BEST IF USED BY DATE**
Eat the food before that day for best quality and/or flavor

A food is safe to eat after this day has passed IF it has been handled and stored safely

Found on canned foods, frozen foods, and cereals

**USE-BY DATE**
The last day you should eat a food to get its best quality

Foods are safe to eat after the “Use-By Date” IF they are handled and stored safely (except bagged produce)

Throw away bagged produce after the “Use-By Date”

**EXPIRATION DATE**
The very last day that a food is safe to eat

After the “Expiration Date” has passed, the food should be thrown away (except eggs)

Eggs can be used up to 30 days after “Expiration Date”