What do food date labels really mean?
With one exception, it’s not about food safety.
The dates on food labels are set by manufacturers to indicate when they recommend consuming the product for peak quality. With the exception of infant formula, products are still safe to eat after this date if they have been stored properly. Trust your senses! If food looks and smells okay, it probably is.

Sell by:
Manufacturer’s date to tell store how long to keep on shelf.

Best before/Best by/Use by:
Manufacturer’s recommended date for optimal flavor/quality.

Food Storage Tips

Immerse limp greens in ice water for 30 minutes or place them upright in a glass of water for a few hours to spruce them up.

Certain fruits can cause other fruits to spoil faster if stored together. Keep ripe bananas, avocados, apples and tomatoes stored away from other produce.

Always refrigerate cut or peeled produce and store them in clear containers so you can see what’s inside.

For more extensive tips on storage, quality, and preserving, visit SaveTheFood.com

KEEP IT FRESH!
Food Storage Guide
Waste Less, Save More.