

EXPIRATION DATES *vs.* EAT BY DATES

Sometimes dates on food are confusing! The examples below show how long past the dates that food is still safe to eat.

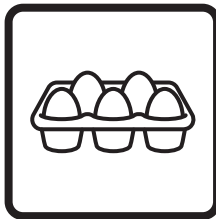


DATE LABEL	WHAT IT MEANS
SELL BY 3/15/23 ENJOY BY 3/15/23	This is a freshness date. Food is freshest by the date on the label, but still safe to eat after that date. Examples are milk (up to 1 week after the sell by date) and eggs (3-5 weeks after the sell by date).
BEST BY 3/15/23 BEST IF USED BY 3/15/23	This is a quality date. Food has the best quality if eaten by this date. You can eat acidic canned foods 12-18 months after this date. Examples are canned tomatoes or pineapples. You can eat non-acidic canned foods up to 2-5 years after this date. Examples are canned soup or vegetables.
EXP 3/15/23 USE BY 3/15/23	This is a true expiration date. After the expiration date, the food is not safe to eat and should be thrown away (or better yet, composted and recycled if appropriate). Examples are baby food and infant formula.
Frozen Food	Frozen foods remain safe indefinitely, though they eventually get freezer burn. Cook immediately after thawing. The cooked food may be refrozen.
Nothing	If there is no expiration date, use the can within one year from when you got it.
3/15/2023 or 07523	This is a manufacturing date. It is not an expiration date. Treat this as a “Best By” date and follow the above guidelines.
A series of numbers and letters, such as W15KA253XJ	This is a packing code. It is used only by the manufacturer. It is not an expiration date. Use the above guidelines.

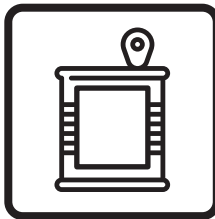
REMEMBER: Never use a can if it is bulging, leaking, rusty, or if the rim is dented!

THIS FOOD IS SAFE TO EAT

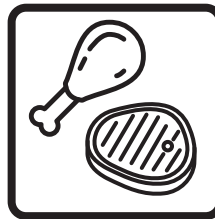
Expiration Date Labels Don't Mean Food is Unsafe to Eat.



EGGS:
3-5 weeks
past date
on the
package.



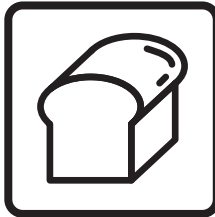
**CANNED
GOODS:**
Several years
past the date
on the package.



MEAT:
12 months past
date on the
package
(if kept frozen).



MILK:
7 days past
the date
on the
package.



BREAD:
2 weeks
past the
date on the
package.



YOGURT:
2 weeks past
the date on
the package.



For more information on food
safety and product extension
dates check out the Foodkeeper
App by scanning the QR code.

Foodbank[®]
St. Louis Area Foodbank