

CHECKING FOR FRESHNESS

It's all about knowing the terminology!

Expiration Date-the last date a food should be eaten or used.

Sell By Date-the date that the product should be purchased by for best qualities such as freshness, taste and consistency. It is still edible for a time after this date.

Best if Used By Date-the date for highest quality and best flavor. It does not pertain to safety.

Guaranteed Fresh Date-the date for bakery items (usually) that the product will be at the highest quality. It is edible after this date, but will not be at peak freshness.

Use By Date-the last date for use of the product to be at peak quality. It is not a safety date, except on Infant formula.

Tips:

- Purchase before the date on the product.
- Refrigerate any perishables as soon as possible after purchase.
- Freeze if not able to use within date on packaging.
- Nonperishables like grains, beans and canned goods can be used past their label dates.

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