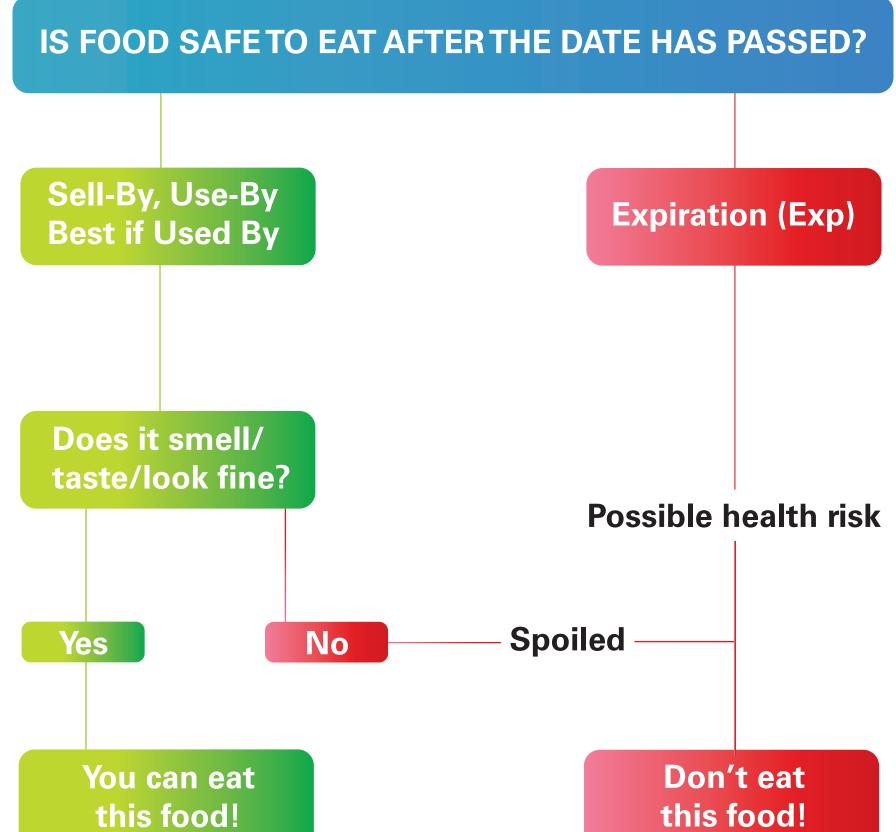
Can I Eat This?

In the United States, we throw away 133 billion pounds of food every year. Most food dates are an indicator of quality, not safety. Foods are often safe to consume after the printed date. Understand these dates to reduce waste and get more out of your groceries.











Sell-By Date:

tells stores how long they should sell the product

Use-By or Best if Used By:

the date recommended for best flavor or quality

Expiration Date:

last date a product should be eaten

