

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.

IS FOOD SAFE TO EAT AFTER THE DATE HAS PASSED?

Sell-By, Use-By
Best if Used By

Expiration (Exp)

Does it smell/
taste/look fine?

Possible health risk

Yes

No

Spoiled

You can eat
this food!

Don't eat
this food!



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