

Use the Dates on Food Labels to Keep Food Safe

"Sell By" Date

The last date food should be sold.

Most foods are safe to eat after this date IF they have been handled and stored safely (EXCEPT produce that has been washed and bagged).

Do not buy food after the "sell-by" date. Do not buy or eat produce that has been washed and bagged after the "sell-by" date.

SELL-BY DATE 08/11/07

"Best if Used By" Date

Eat these foods before this date for best quality.

Most foods are safe to eat after this date IF they have been handled and stored safely (EXCEPT produce that has been washed and bagged).

Do not buy or eat produce that has been washed and bagged after the "best if used by" date.

BEST IF USED BY: 09/03/07

"Use By" Date

The last date you should eat the food to get its best quality.

Most foods are safe to eat after the "use-by" date IF they have been handled and stored safely (EXCEPT produce that has been washed and bagged).

Do not buy or eat produce that has been washed and bagged after the "use-by" date.

USE BY 01 JUL 07

Expiration Date

The last date that a food is considered safe to eat.

Most foods with an expiration date should be thrown away after the date has passed (EXCEPT eggs).

Eggs can be used up to 30 days after expiration date.

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