

# PHILABUNDANCE RECOMMENDS

7  
DAYS

## WITHIN SEVEN DAYS OF THE SELL BY DATE, USE:



- Fresh Milk
- Yogurt
- Cream and cream cheese
- Perishable drinks like orange juice

30  
DAYS

## WITHIN 30 DAYS OF THE USE BY DATE, USE:



- Butter
- Cheese
- Eggs
- Margarine

180  
DAYS

## WITHIN 180 DAYS OF THE USE BY DATE, USE:



- Prepacked food like crackers, cereal, and dried beans

1  
YEAR

## WITHIN 3650 DAYS OF THE USE BY DATE, USE:



- Cans and jars, including soup, condiments, fish, and vegetables
- Baking supplies like cake mix, pie crusts, and frosting
- Frozen meats, vegetables, and ice cream

## DATES ON YOUR FOOD

Food companies use several dates to tell customers about their products. None of these dates will tell you what day the food is bad on, because the food is safe to eat after those dates.

### BEST BY OR BEST IF USED BY DATE

- This is a quality date.
- It tells clients the date by which the product should be eaten for the best quality or flavor.
- The product is still safe to eat past this date.

### USE BY OR "EXPIRATION" DATE

- This is the last date recommended for the product while at its peak quality.
- The product is still safe to eat past this date.

### PACKING OR MANUFACTURING DATE

- Used by manufacturers for tracking and recalls.
- Not an expiration date.

### SELL BY DATE

- This is a quality date.
- It tells the store how long to display the product for sale.
- The product is still safe to eat past this date.

If you have questions, please ask your Agency Representative to help you.