



MEMBER OF
**FEEDING
AMERICA**



THE TRUTH BEHIND FOOD "EXPIRATION DATES"

You may have noticed most food has a "best by", "sell by" and/or "expires by" date printed on the packaging. These dates are used by manufacturers as a suggestion to the consumer, and most shelf-stable food is perfectly safe and nutritious to consume well past the printed date—up to 1-5 years!

The FDA's Retail Food Code requires food to be wholesome and fit for consumption, but does not require or regulate expiration dates on any food packaging. Rather, the date is used by food manufacturers to encourage turn-over of product on store shelves, and to drive consumers to purchase more frequently.

May be consumed...

Glass & Plastic Jars

Up to 5 years past the date printed on the jar or label, except for mayonnaise and salad dressings, which should not be used if they are 6 months or more past the expiration date.



Dry Goods

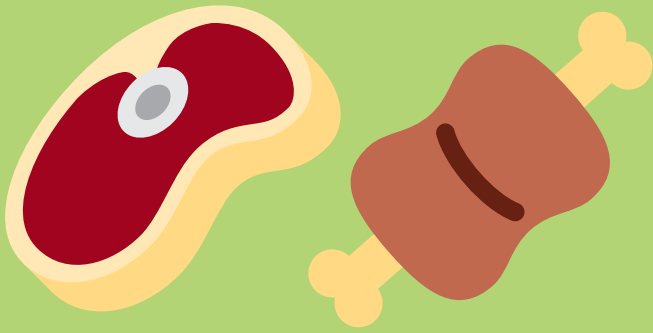
Up to 1 year past the date printed on the container or label provided there is no sign of contaminants, tampering or pest activity.



Canned Goods

Up to 5 years past the date printed on the can or label.

Fresh and frozen foods may be consumed...



Milk & Yogurt

Refrigerated - 7 to 14 days
Frozen - 3 to 6 months



Bread & Baked Goods

Use your best judgement



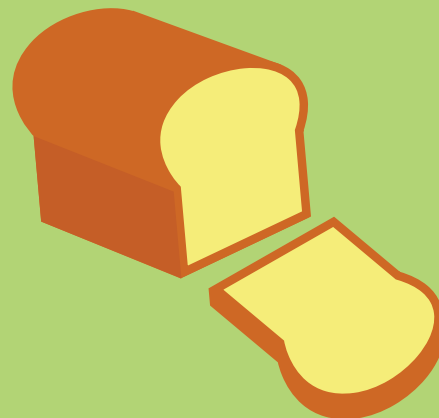
Meats

Refrigerated - 2 to 7 days
Frozen - 2 to 12 months



Cheese

Refrigerated - 7 to 30 days
Frozen - 6 to 12 months



Produce

Use your best judgement