

Health & Nutrition Tips

DO EXPIRATION DATES MATTER?

SELL BY 01/01/2015

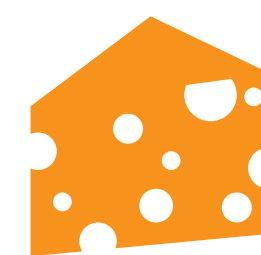
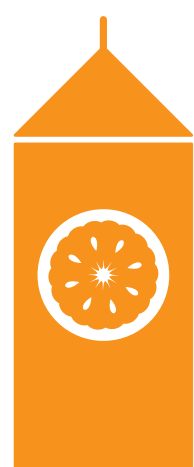
A **sell by date** tells the store how long to display the product for sale.

USE BY JAN 15 15

A **use by date** is the last recommended date for the use of the product while at peak quality.

BEST BY 01012015

A **best by date** is recommended for best flavor or quality.



All of these dates have been determined by the manufacturer of the product. They are not safety dates, and most food items are still safe to consume past their sell by, best by and use by dates.

Contact Feeding San Diego or visit fsis.usda.gov for specific expiration information for all food items.

MORE INFORMATION AND RESOURCES

feedingsandiego.org | eatfresh.org