Can I Eat This?

Expiration Dates

**Best by/Best if used by:** Peak quality and freshness; not an indicator of health or safety.

**Use by:** The final day the product will be at its optimum freshness, flavor, and texture.

**Sell by:** Often found on dairy and meat, this is the last day a grocery store can sell a product. Use it within 10 days of this date.

Cans

**Avoid cans that:**
- Have dents that come to a sharp point.
- Have dents along the seams.
- Pop or hiss when opened.
- Are bulging or rusted.

Moldy Food

**Soft foods:** If soft foods such as breads, soft cheeses, lunch meats, soft fruits and vegetables, or cooked foods have mold on them, they should be thrown away.

**Hard foods:** If hard foods like hard cheeses, fruits, and vegetables have mold on them, cut away the moldy area and eat the rest.

www.solid-ground.org/get-help/food-resources