

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.

