What do food date labels really mean?

With one exception, it’s not about food safety.

The dates on food labels are set by manufacturers to indicate when they recommend consuming the product for peak quality. With the exception of infant formula, products are still safe to eat after this date if they have been stored properly. Trust your senses! If food looks and smells okay, it probably is.

Sell by:
Manufacturer’s date to tell store how long to display item for sale.

Best before/Best by/Use by:
Manufacturer’s recommended date for optimal flavor/quality.

Food Storage Tips

Immerse limp greens in ice water for 30 minutes or place them upright in a glass of water for a few hours to spruce them up.

Certain fruits can cause other fruits to spoil faster if stored together. Keep ripe bananas, avocados, apples and tomatoes stored away from other fruit.

Always refrigerate cut or peeled produce and store them in clear containers so you can see what’s inside.

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