Find the Perfect Date

Use the **FOOD DATING STAMPS** on packaging to know when to love 'em or leave 'em.

When it doubt, Throw it out.

**Love 'Em**
- Use the food before the date has passed for best quality.

**Leave 'Em**
- Toss the food after the date has passed. Canned food can still be good quality.

**Phrases:**

- **Use-By:**
  - Use the food before the date has passed.

- **Exp (Expiration):**
  - Use before or shortly after the date has passed in home storage; Foods close to their sell-by date are sometimes put on sale.

- **Sell-By:**
  - Use before or shortly after the date has passed for the best quality of food.

- **Best if used by/before:**
  - Toss a few days after the date has passed; if not stored properly, toss sooner.

**Exception:** Eggs, which can be used 3-5 weeks AFTER the expiration date.

**Sources**


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