

EXPIRATION DATES



EAT BY DATES



**Dates on food can be confusing!
The below examples show how long
past the dates food is still safe to eat.**

Sell by 03/15/20 Enjoy by 03/15/20	This is the freshness date. Food is freshest by the date on the label, but still safe to eat after that date. Examples are milk (up to 1 week after the sell by date) and eggs (3-5 weeks after the sell by date).
Best by 03/15/20 Best if used by 03/15/20	This is the quality date. Food has the best quality and nutrition if eaten by this date. You can eat acidic canned foods 12-18 months after this date. Examples are canned pineapples or tomatoes. You can eat non-acidic canned foods up to 2-5 years after this date. Examples are canned soup or vegetables.
Exp by 03/15/20 Use by 03/15/20	This is a true expiration date. After the expiration date, the food is not safe to eat and must be thrown away. Examples are baby food and infant formula and medicines.
Frozen food	Frozen foods should be consumed within 8-12 months. Cook immediately after thawing; the cooked food may be refrozen once.
Nothing	If there is no expiration date, use the can within one year from when you got it.
03/15/20 or 07520	This is a manufacturing date. It is not an expiration date. Treat this as a "best by" date and follow above guidelines.



Eastern Illinois
FOODBANK

Source: [Foodsafety.gov](https://www.foodsafety.gov)