



Food Waste Reduction Tips: **Don't Blind Date!**

There are no consistent regulations on date labeling, so know your dates:

- “Sell by” dates tell retailers when manufacturers recommend removing items from shelves. Food is generally good well past this date so open it and check.
- “Best when used by” and “use by” dates reflect producers’ estimates of how long the food will be at its peak. Food is generally fine well past this date!

For more great food label date information, visit:

SaveTheFood.com/tips/deciphering-dates-on-products



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