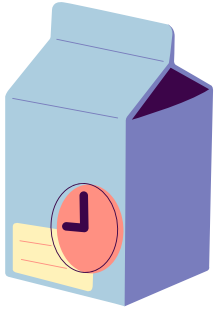
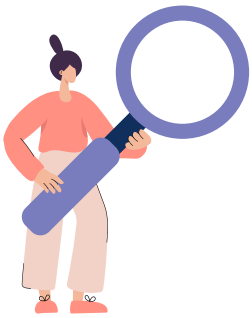


# THE TRUTH ABOUT EXPIRATION DATES



## WHAT DO EXPIRATION DATES MEAN?

"Best by" and "best if used by" labels on perishable products identify when products are expected to maintain their best texture and taste - **not when they are unsafe to eat**. In most cases, perishable products are safe to consume after their expiration date if they've been stored correctly.

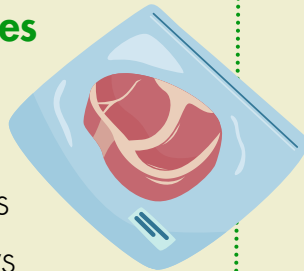


## TIPS TO CHECK YOUR FOOD

Be sure to check your food to ensure it has not spoiled when eating past the "best by" date. Look to see if the product **smells "off", has mold on it or has an unpleasant texture or taste**. These signs can indicate it's time to dispose of a food item.

## General Freshness Guidelines

- Milk - 7 days
- Eggs - 3 to 5 weeks
- Ground meat - 1 to 2 days
- Cooked meat - 3 to 4 days
- Lunch meat - 2 weeks unopened, 3 to 5 days opened
- Dry pasta - 1 to 2 years
- Fresh poultry - 1 to 2 days
- Canned fruit - 12 to 18 months, 5 to 7 days opened in the fridge



## Tips for Freezing

Freezing is a great way to save food before it goes bad. To preserve the quality of your food, use heavy-duty aluminum foil or airtight freezer bags.

### Freezer shelf-life recommendations:

- Ground meat - 3 to 4 months
- Whole chicken - 1 year
- Soup and stew - 2 to 3 months
- Lunch meat - 1 to 2 months

