Use By, Best By, Sell By

ENJOY BY:

BEST BY:

BEST BEFORE:

BETTER IF USED BY:

USE BY

SELL BY

USE BY

The last date recommended for use while the product is at its highest quality.

Only a safety date when used on infant formula.

BEST BY

Tells when the product is at its best flavor or highest quality.

Sometimes packages will have the words **"Best if used by/before"**

Only a safety date when used on infant formula.

SELL BY

This is used by stores to know how long they can safely store food on their shelves.

Sell by dates are only quality dates, not safety concerns.

Grocery Shopping Best Practices

*Food safety starts at the grocery store. Follow these
tips to make sure your food arrives home safely!*

AT THE STORE

- **Pick cold food last.** Choose perishable food like meat, poultry and eggs at the end of your shopping trip so they stay refrigerated for as long as possible before you checkout.

- **Check the labels.** Don't buy food that is beyond the "Use by", "Best by" or "Sell by" dates to ensure the best quality.

- **Check the packaging** for tears or leaks. Make sure that frozen food is frozen solid, and that refrigerated food feels cold.

- **Inspect your eggs**. Before putting a carton of eggs in your cart, open the carton and check for uncracked shells. If buying egg substitutes, make sure that the cartons are tightly sealed.

- **Inspect fresh produce.** Don't buy fruits or vegetables that are bruised or damaged since this can be a sign of food spoilage.

- **Place meat, poultry, and seafood in plastic bags** before placing the item in your cart. This helps to keep any bacteria from spreading to other food items in your cart.

- **Keep meat, poultry, and seafood separate**. This includes in your cart, during checkout, and in your grocery bags to prevent cross-contamination.

TRANSPORTING GROCERIES

- **Drive straight home.** Don't run other errands with your groceries in your car. Perishable food should always be refrigerated within 2 hours. This is called the "2-Hour Rule."

- **Check the weather.** If the outside temperature is above 90°F, refrigerate your perishable groceries within 1 hour.

- If you live more than 30 minutes away from the grocery store, **bring a cooler or cooler bag** to the grocery store. Pack your meat, poultry, seafood, and eggs in the cooler before you drive home to keep these products at the correct temperature.

ARRIVING HOME

- When you get home, **unload your groceries right away**. Put frozen items in the freezer, and refrigerated items in the refrigerator.