

# FOOD EXPIRATION DATE GUIDELINES

**Understand the expiration date system.**



**Sell By-** Lets the store know how long to display a product for sale.

**Best if Used By/Before-** Gives a timeframe for optimal peak quality of the product.

**Use By-** Recommended deadline to ensure best flavor.



**Add a use-by date to leftover food.**

**Use the FIFO (First In, First out) method for food storage.**

