When Should I Eat This?

The “EXPIRATION” or “USE BY” date:
- Food is safe to eat.
- There are some exceptions with baby food and nutritional supplements.

Up to Expiration date—NOT SAFE to eat after date
- Baby food and nutritional supplements

Safe to eat 1 to 2 WEEKS after date
- bacon, lunch meat

The “SELL BY” or “ENJOY BY” date:
- Safe to eat after the date.
- FRESHNESS date.

7 DAYS after date
- milk, bread

2 WEEKS after date
- yogurt

5 WEEKS after date
- eggs

3-5 MONTHS after date
- cheese

The “BEST BY” or “BEST USED BY” date:
- Safe to eat after the date.
- QUALITY date.

12-18 MONTHS past date
- acidic food in cans

2-3 YEARS past date
- non-acidic food in cans

2 YEARS past date
- rice

4-5 YEARS past date
- pasta