

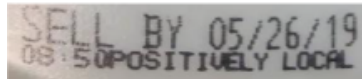
FOOD DATES EXPLAINED

It is Flagstaff Family Food Center's responsibility to sort and dispose of any product not fit for human consumption. Sight, smell, and touch are easy ways to tell if the food has gone bad. If the food has physical mold, is discolored, has a disagreeable or unpleasant odor, the texture looks off, or is frosted over, do not eat. When looking at canned food, please make sure the can is sealed and no leaks or rust are present.

Rising bubbles or unnatural looking colors are also a good indicator to not eat.

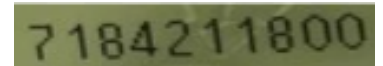
Every food item has some sort of number or code describing the "Eat by Date". This guide breaks down the different types of codes used and when the food is safe to eat by.

SELL BY



Tells the store how long to display the product for sale. The store rotates the stock to be sure the oldest is sold first. Consumers can add days before eating it.

A SERIES OF #'s



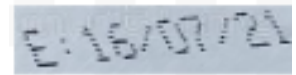
This is a packing code. It is used only by the manufacturer. It is not an expiration date. Follow "No Expiration" guidelines.

ENJOY BY



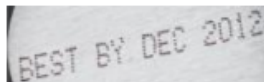
This is a freshness date. Food is freshest by the date on the label, but still safe to eat after that date. Examples are milk (up to 1 week after the enjoy or sell by date) and eggs (3-5 weeks after the enjoy or sell by date).

EXP: 00/00/00



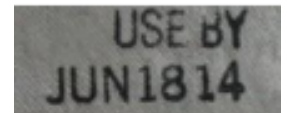
This is a true expiration date. After the expiration date, the food is not safe to eat and must be thrown away. Examples are baby food and infant formula.

BEST BY



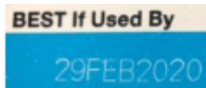
This is a quality date. Food has best quality if eaten by date. You can eat acidic canned foods 12-18 months after date. Examples are canned tomatoes or pineapples. You can eat non-acidic canned foods up to 2-5 years after date. Examples are canned soup or vegetables.

USE BY



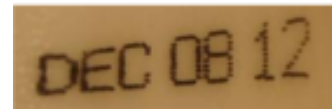
A "Use-By" date is the last date recommended for the use of the product while at peak quality. It is not a safety date except for when used on infant formula.

BEST IF USED BY



This guarantees when a product is of the best quality or flavor. For instance, a jar of salsa may not taste as fresh, or crackers may be soft instead of crisp after this date. It is not about safety.

JUST A DATE



This is a manufacturing date. It is not an expiration date. Treat this as a "Best By" date and follow those guidelines.

FROZEN FOOD

Frozen foods remain safe 1 month to 1 year past code date dependent on product. Look for freezer burn. Cook immediately after thawing. The cooked food may be refrozen.

NO EXPIRATION

If there is no expiration date, do not use product. Dispose appropriately.