

Definitions

- **Expiration Date** – This date tells the consumer the last day an item should be used before it loses its peak flavor or quality. Many products remain safe after expiration date if they are stored correctly!
- **Sell By Date** – This is the last day the manufacturer recommends that the product be sold. This date gives you a period of time, following the date, to store and eat the food.
- **Best By Date** – This is found on items with a long shelf life. The product is at its highest quality before this date, but can be safely consumed for a period of time after the date on the package.