



Micah's Backpack

Best By Date

Information adapted from www.stilltasty.com
and Feeding America SWVA Membership Handbook

The dates stamped on canned or packaged food labels can be confusing.

Here's what you really need to know

- ✓ The Best By Date is not an expiration date.
- ✓ Stores can sell food beyond the Best By Date.
- ✓ Not all foods have a Best By Date.
- ✓ Canned and packaged food stored properly can be safe for 1-5 years after the Best By Date.
- ✓ Always throw away food that smells strange or looks funny.