Dates on food are NOT for food safety! The dates below are intended for quality or retailers, NOT whether or not food is safe to eat.

**Sell-By Date:**
Tells the store how long to display the product for sale.

**Used-By Date:**
The last date recommended for the product while at peak quality.

**Expiration Date:**
The last date recommended for the product while at peak quality.

**Best-By Date:**
Tells customers the date by which the product should be eaten for best flavor or quality.

**Where Can I Find More Information?**

Ask Karen!
https://www.fsis.usda.gov/wps/portal/informational/askkaren
or call
Second Harvest Food Bank of North Central Ohio: 440-960-2265

Donated products at this pantry have been inspected by Second Harvest volunteers and/or pantry staff/volunteers to ensure safe consumption for community members.

*Exceptions include: Baby food, over the counter medication, and vitamins/supplements.

**How Long is Food Good For?**
Give food a chance before throwing it out or leaving it on the shelf at your local pantry!

Assuming proper storage, all food items* are safe to eat past the date on the product unless you notice signs of spoilage. This includes refrigerated, frozen, and shelf stable foods.

**Shelf Stable Foods:**
Our typical guideline is 1 year past the expiration date, but some products are good for up to 30 years! Ask your local pantry or contact Second Harvest for specific guidelines.

**Refrigerated/Frozen Foods:**
It depends! Frozen foods will last longer than refrigerated foods. If the food looks, smells, or otherwise seems spoiled or contaminated, don’t eat it! Remember, when in doubt, throw it out!