



Eat. Share. Compost the Rest.

LoveYourFoodNY.org

When it comes to dating, don't let **age** fool you.



Food expiration dates are misleading. Most of the food we waste comes from tossing items past their “Best By” date, even though they are still safe and tasty to eat. This wastes money and natural resources.

Many “Sell By” or “Use By” dates are just manufacturers’ estimates of how long food will taste its best. These dates do not indicate health safety, yet many of us throw food away once the date expires. With the exception of baby formula, there are no federal guidelines on date labeling, and state guidelines vary from state to state. Don’t be misled by arbitrary dates — try a new approach.

TIP Keep the Air Out

Make packaged foods last longer by sealing them in an airtight container before returning them to the fridge.

Visit our website to learn more.

Trust your senses to know if food is still good to eat:

- Look:** Does it appear fresh without discoloration or change in texture?
- Sniff:** Does it smell right without an unusual tang or odor?
- Taste:** If it looks and smells fine, taste it. If you like it, eat it. If not, compost it!



Food past its prime, often isn't. Give it a second chance.

Love Your Food.
It's ALL good.



LoveYourFoodNY.org