

## PAST THE EXPIRATION DATE?

# SAFETY -VS- QUALITY

Food labels such as “sell by” and “best by” are not based on safety.

**Always  
remember:  
when in doubt,  
throw it out!**

6 Months

**5** Days  
**Milk**

**14** Days  
**Cheese**

**1** Year  
**Cans & Jars**

**1** Year  
**Dried pasta & beans**

4 Months  
Cereal

**2** Days  
**Cut fruits & veggies**

**NOW YOU KNOW HOW TO SAVE  
MORE FOOD,  
MORE MONEY,  
AND THE EARTH!**

**Wasted food is wholesome, nutritious food that is lost or sent for disposal.**

Expiration dates contribute to the wasted food problem because they are often misleading, which leads to edible food being thrown away.

**[EXPIRED]**

## HELPFUL INFO FOR YOUR KITCHEN

FOR MORE INFORMATION

[eatbydate.com](http://eatbydate.com)

## EGGS

**21** DAYS  
(in shell)

**7** DAYS  
(boiled &  
in shell)

**3** DAYS  
(substitutes)

A PRODUCT OF THE GLOBAL CHALLENGE