



THE TRUTH ABOUT DATE LABELS

Most of the date labels we see every day, with a few exceptions, like “sell by,” “use by”, or “ best if used by” DO NOT indicate food safety – they indicate *freshness or quality*.

In California, with the exception of infant formula/baby food and Reduced Oxygen Packaging (ROP) products, there is **NO RESTRICTION** on the sale or donation of food items past the date indicated on any date label. However, regardless of the date on the label, it is important that the donated food is apparently wholesome.

Visit the Federal Food Safety Website and pages to see the most effective ways to help keep your family safe from food poisoning.



For more information about a specific product's shelf life or expiration check the FoodKeeper app:

<https://www.foodsafety.gov/keep/foodkeeperapp/index.html>

To learn more about date labels visit:

<https://www.nrdc.org/sites/default/files/dating-game-1B.pdf>

