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# NUTRITION NOTES

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## Food Expiration: How to avoid wasting the food you buy

The food we buy is expensive. It's not always easy to know how long it's safe to keep the food we have versus throw it away.

Here is an overview of what the food expiration labels mean:

**Best if used by/before:** guarantees when a food is of the best quality or flavor.

**Sell by:** this is the date used to tell stores when to remove the food from the shelves.

**Use by:** this is the last date that guarantees the best quality of a food.

Use these dates as a guideline.

*The best way to know whether a food has spoiled is to trust your taste buds and smell. Spoiled food will usually look different, smell, and taste bad before it is unsafe to eat.*



Here are some helpful tips:

- 1) Most canned foods can be stored for 2-5 years (except high-acid foods such as canned tomatoes, juices and pickles can be stored for 1-1.5 years).
- 2) Freeze it- freezing is a great way to extend the life of foods (bacteria and other pathogens that cause food to go bad can't grow in frozen temperatures)
- 3) Save that fruit - bruised or overripe fruit can be used in many recipes and smoothies



- 4) Organize your fridge - keep the most perishable items i.e. meat, dairy, eggs on the top shelf so that you don't forget about them