Image by Squirrel photos from Pixabay

Is This Food Expired?

Reducing food waste is good for your bank account & the environment...

The average Wisconsinite throws away 294 pounds of food a year resulting in 8.9 billion pounds of food waste being added to Wisconsin landfills annually. All of this at an average household cost of nearly $1,900/year.

Simple Steps To Reduce Your Waste

- Take Inventory
- Plan Meals
- Make A List
- Eat Before Shopping
- Track The Excess
- Compost Food Scraps

#Scrap Like A Lion

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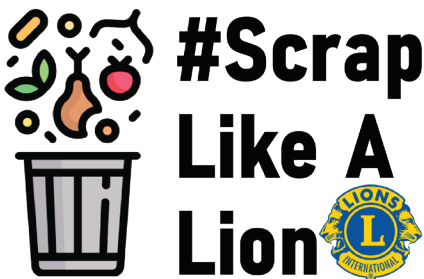
Access more **#ScrapLikeALion** resources @ **wisconsinlions.org**

Understanding Date Labels

The dates that food companies put on packages are not regulated and do not mean that the food is unsafe to eat, except in the case of baby formula. Most foods are still tasty & nutritious after the date on the package as passed.

Best By or Best if Used By Date
This date tells you when the food will have the best flavor. It is still safe to eat past this date.

Sell By Date
This tells stores how long to display the product for sale. It is still safe to eat past this date.

Use By or Expiration Date
This is the last date that the product will be at its peak quality. It is still safe to eat past this date, except for baby formula.

Packing/Manufacturing Date
This is the manufacturer's tracking date. It is not an expiration date & is not related to food quality or safety.

If odor, flavor or texture of a food is off, DO NOT EAT IT!

- **Good For Up To 1 YEAR After The Date**
  - Packaged Foods (cereal, pasta, dried bean & baking mixes)
  - Frozen Foods
  - Canned Goods (soup, condiments, meat, fruit & vegetables)
- **Good For Up To 30 DAYS After The Date**
  - Butter
  - Cheese
  - Eggs
- **Good For Up To 7 DAYS After The Date**
  - Milk
  - Yogurt
  - Cream Cheese

Image by ElasticComputeFarm from Pixabay