



Clean Eating Packaged Food Dates

Date Packed or Manufactured

Date on package used for identification in recalls. This is not a use by date.

Sell By Date

Date used by stores to identify how long to display product. Product can be safely consumed past this date. The date factors in reasonable storage time at home and time to consume the product.

Use Before or Best By Date

Food can be safely consumed past this date. The date indicates the optimal shelf life date for freshness and quality.

Expiration Date

Date that the product should be consumed by for the best quality.