

Be food wise...

WHAT DO THOSE DATES REALLY MEAN?

Prevent food waste by understanding food product date labels

“BEST IF USED BY/BEFORE”

Indicates when a product will be of best flavor/quality. Not a purchase/safety date.

“SELL-BY”

Tells the store how long to display the product for sale for inventory management. Not a safety date.

“USE-BY”

Last date recommended for use of the product while at peak quality. Not a safety date **except when used on infant formula.**

Regardless of the date, consumers should always evaluate the quality of food prior to its consumption.

Source: www.fsis.usda.gov



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Be food wise...

DON'T THROW IT OUT!
Try these tips to extend the life of your food and reduce food waste!

WILTED FOOD

Soaking in ice water for 5 to 10 minutes may reinvigorate wilted veggies.

STALE FOOD

Toast stale chips and crackers for a minute or two in a regular or toaster oven to crisp them.

SALTY FOOD

Add vinegar, lemon juice, or brown sugar—or dilute a soup or sauce with water, crushed tomatoes or unsalted broth.

Sources: www.savethefood.com
Waste Free Kitchen Handbook, Dana Gunders, 2015.



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