

Sell-by, best-by, use-by: What do food date labels really mean?

With one exception, it's not about food safety.

Date labels are confusing and can lead to needlessly throwing away good food. With the exception of infant formula, product dating is set by manufacturers to indicate the latest date for peak quality, not safety. Even if the date expires, a product should be safe, wholesome and of good quality if stored and handled properly.

To learn more visit the Canadian Food Inspection Agency website www.inspection.gc.ca and search 'date labelling'.

Food product dating de-mystified:



Use by: Last date recommended by manufacturer for peak quality.



Sell by: Manufacturer's date to tell store how long to display item for sale.



Best before/best by: Manufacturer's recommended date for optimal flavor/quality.



Closed or coded dates: Packing numbers used by manufacturers.

Wasted food = wasted resources

The average household wastes about 25% of the food they buy – especially produce. When we throw away food, we also waste significant amounts of water, energy, fuel, fertilizer, time and money used to produce, package and transport it.

**Small changes
make a BIG difference!**

Proud to
support
**LOVE
FOOD**
hate waste

What about composting?

Composting is great for food that cannot be eaten (banana peels, egg shells) or has spoiled (moldy leftovers, rotten fruits or vegetables). What's even **better** is to not waste food in the first place.

**As much as possible,
buy what you need
– eat what you buy.**

Visit
lovefoodhatewaste.ca
**for more tips and tools
to prevent food waste.**

Content and creative courtesy of King
County Solid Waste Division.
www.kingcounty.gov/solidwaste



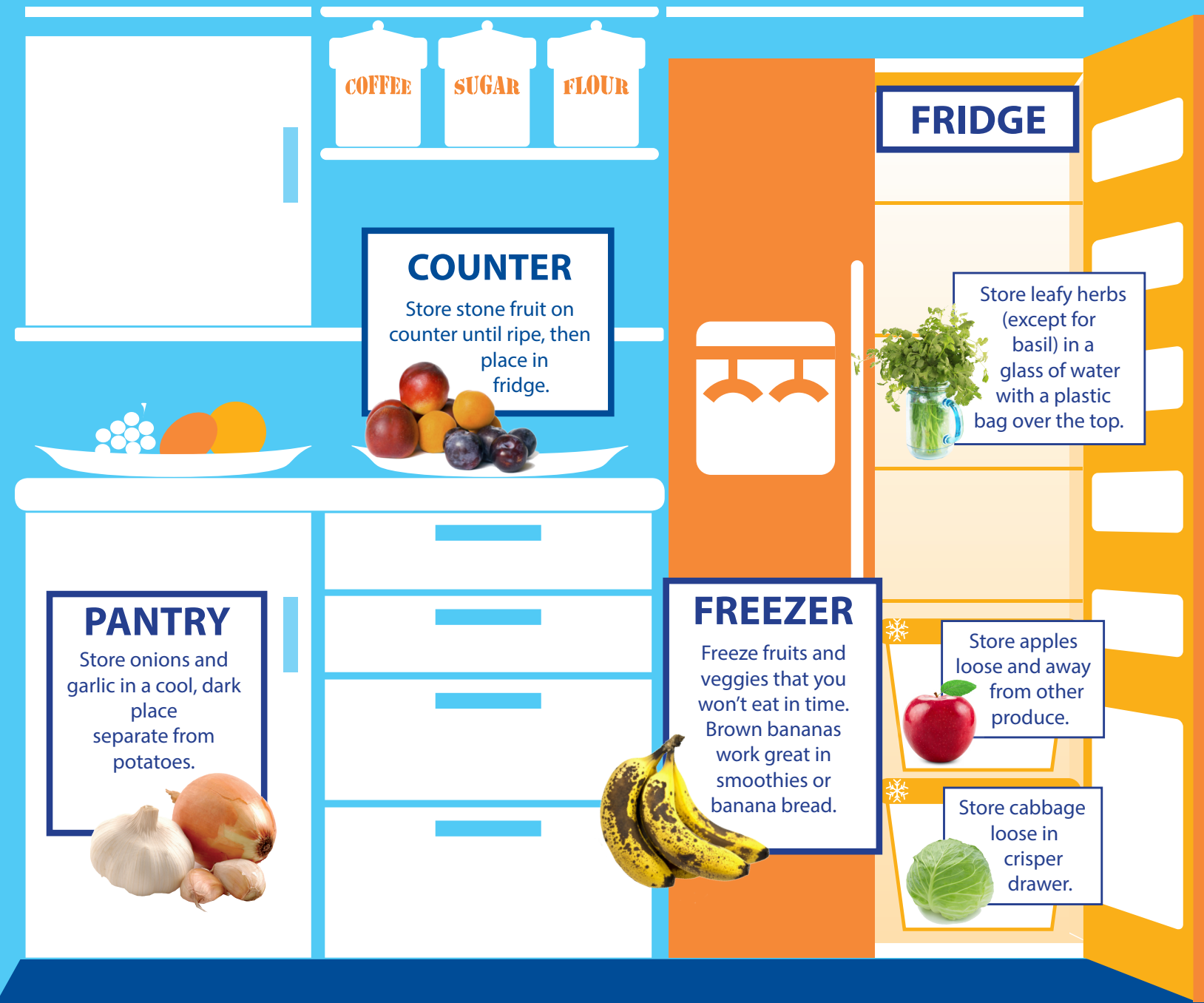
Fruit and Vegetable Storage Guide

KEEP IT FRESH!

Waste Less, Save More.



**Love this place.
Reduce your waste.**



SQUAMISH - LILLOOET
REGIONAL DISTRICT

For more info on SLRD waste management visit
www.slrd.bc.ca/lovethisplace



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Reduce your waste.**



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ZERO in on WASTE SLRD

Fruits/Veggies	How to Store	
 Apples	Fridge. Separate from other produce.	
 Artichokes	Fridge. Store in plastic bag or sealed container.	
 Asparagus	Fridge. Remove bands and ties. Store upright in a glass of water with a plastic bag over the top.	
 Avocados	Ripen on counter, then store in fridge. Store loose.	
 Bananas	Counter. Store away from other fruits and vegetables.	
 Basil	Counter. Remove bands and ties. Trim stems and store in water with plastic bag over the top.	
 Beans (green, wax)	Fridge. Store in a plastic bag or sealed container.	
 Berries	Fridge. Store in a container, lid ajar and lined with a dry towel. Wash just before eating to avoid mold.	
 Bok Choy	Fridge. Remove bands and ties. Store in a sealed container lined with a damp towel.	
 Broccoli, Broccolini	Fridge – crisper drawer. Wrap in a damp paper towel.	

Fruits/Veggies	How to Store	
 Brussel Sprouts	Fridge – crisper drawer. Store in a sealed container.	
 Cabbage	Fridge – crisper drawer. Store loose.	
 Cauliflower	Fridge – crisper drawer. Store in a plastic bag or sealed container.	
 Celery	Fridge. Store in a plastic bag or sealed container.	
 Cherries	Fridge. Store in a plastic bag or sealed container. Wash just before eating to avoid mold.	
 Citrus fruits	Fridge – crisper drawer. Store loose.	
 Corn	Fridge. Store loose, keep in husks.	
 Cucumbers	Fridge – crisper drawer. Store loose.	
 Eggplant	Fridge – crisper drawer. Store loose.	
 Garlic	Cupboard/Pantry. Store loose.	

Fruits/Veggies	How to Store	
 Grapes	Fridge. Store in a sealed container. Wash just before eating to avoid mold.	
 Green onions/scallions	Fridge. Wrap in a damp towel or store upright in a glass of water.	
 Herbs, leafy (cilantro, parsley)	Fridge. Trim stems and store upright in a glass of water with a plastic bag over the top.	
 Herbs, woody (rosemary, sage)	Fridge. Wrap in a damp towel and store in a sealed container.	
 Leafy greens (lettuce, kale)	Fridge. Remove bands and ties. Store in a sealed container lined with a damp towel.	
 Melons	Ripen on counter, then store in fridge. Store loose.	
 Mushrooms	Fridge. Store in a paper bag.	
 Okra	Fridge. Store in a paper bag.	
 Onions	Cupboard/Pantry. Store loose or in a mesh bag separate from potatoes.	
 Pears	Ripen on counter, then store in fridge. Store loose.	

Fruits/Veggies	How to Store	
 Peppers	Fridge – crisper drawer. Store loose.	
 Potatoes	Cupboard/Pantry. Store loose or in a paper bag separate from onions.	
 Root veggies	Fridge. Store in a sealed container with a dry towel.	
 Squash - summer	Fridge. Wrap whole or sliced pieces in a damp towel.	
 Squash – winter	Cupboard/Pantry. Store loose.	
 Stone fruits (peaches, plums)	Ripen on counter, then store in fridge. Store loose.	
 Tomatillos	Fridge. Store in a paper bag.	
 Tomatoes	Ripen on counter, then store in fridge. Store out of direct sunlight.	
 Tropical fruit (kiwi, pineapple, mangoes)	Ripen on counter, then store in fridge. Store loose.	
 Zucchini	Fridge. Wrap whole or sliced pieces in a damp towel.	



For a complete database of food storage tips and their shelf lives, check out StillTasty.com or EatByDate.com.



Apart is better than together

Many fruits give off natural gases that cause nearby produce to ripen and spoil faster. Store fruits such as ripe bananas, avocados, apples and tomatoes away from other produce. Store veggies and fruit in separate fridge drawers.



Spruce up limp greens

Immerse in ice water for 30 minutes or place upright in a glass of water for a few hours.



Keep ready-to-eat snacks cool

Always refrigerate cut or peeled produce. Store in clear containers so you can see what's inside.