

Use-By, Sell-By, and Best-By Dates

Use-By Date: Found on refrigerated goods. Indicates that a food is at its peak quality on or before this date. Food items are likely safe to eat for up to a week after the “use-by” date.

Sell-By Date: Found on bread, dairy, and meat items. Helps grocery stores know when to take unsold items off the shelves. Food items are still safe to eat one to two weeks past their “sell-by” date if they have not yet been open.

Best-By Date: Found on shelf-stable items and packaged dry goods. With proper storage, these foods can be good for up to 3 to 5 months past their “best-by” date.

For more information about food packaging dates visit Spend Smart. Eat Smart.™ <https://spendsmart.extension.iastate.edu/shop/food-labels/> or <https://www.foodsafety.gov/keep-food-safe/foodkeeper-app>

QUICK TIPS

Bagged Produce: Good 3-5 days after date on the bag if unopened or 2 days past the date if opened.

Meat: Ground beef: use 1-2 days from purchase. Pork Chop: 3-5 days from purchase. Chicken Breast: 1-2 days from purchase. Ground turkey: 1-2 days from purchase.

Eggs: 3-5 weeks from purchase.

Condiments: Salad dressing: 10-12 months from purchase or 1-3 months after opening. Salsa: 1 month after opening. Spaghetti sauce: 3-5 days after opening. Mayonnaise: 2 months after opening. Ketchup: 6 months after opening.

Check Your Storage Temperatures!

It is important to check the temperatures of your freezer, refrigerator, and pantry often to maximize food safety and minimize food waste!

Make sure your food storage areas are at the proper temperatures listed below.

Freezer: 0°F or below

Refrigerator: 40°F or below

Pantry: 70°F or below

Visit “[Keep Food Safe! Food Safety Basics](#)” for more helpful tips!

Helpful Resources

Learn about home food preservation with our virtual, free classes. To register, go to:

<https://www.extension.iastate.edu/humansciences/preserve-taste-summer>

Enjoy your summer’s bounty all year long by canning, freezing and dehydrating your favorite garden produce!!

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Loaded Potato Soup

Serves: 6 | Serving Size: 1 cup

INGREDIENTS

1 1/2 cups instant mashed potatoes (dry)
1 T soft margarine
1 medium onion (1 cup)
1/2 cup green pepper
1 can (14.5oz) low sodium chicken broth
1 cup nonfat milk
1 cup frozen peas, thawed
1/2 tsp ground black pepper
4 slices American cheese

INSTRUCTIONS AND TIPS

1. Follow package instructions to prepare instant mashed potatoes and set aside.
2. Melt margarine in a large saucepan over medium heat. Stir in onion and green pepper, if desired. Cook until the vegetables begin to soften (about 5 minutes).
3. Stir in the broth and heat to a boil. Stir in milk, potatoes, peas, and pepper. Heat through, stirring occasionally.
4. Add the cheese slices. Cook and stir about 2 minutes until cheese melts. Add more milk if soup is thicker than you prefer.
5. Garnish with sliced green onion, bacon bits, and shredded cheese if desired.

Storage

Store in an airtight container in refrigerator for 1 week, or in the freezer for several weeks.

Nutritional analysis (1 cup): 230 calories, 6g fat, 2.5g saturated, 270mg sodium, 35g carbohydrates, 5g fiber, 6g sugar, 10g protein. This recipe is adapted from <https://spendsmart.extension.iastate.edu/recipe/loaded-potato-soup/>