

LOS ANGELES REGIONAL



Fighting Hunger. Giving Hope.

## Shelf Life Guide Lesson



# Food Waste Facts

- In the U.S., 40% of all food produced goes uneaten.
- While the world wastes about 1.4 billion tons of food every year, the United States discards more food than any other country in the world: nearly 40 million tons — 80 billion pounds — every year.
- It is estimated that reducing food waste by 15% could feed more than 25 million Americans every year.
- The Food Date Labeling Act of 2021, if passed would replace existing language for “use by” and best buy if used.”

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# Agenda

Decoding Dates

Proper Storage

What Not to Consume

Product Shelf Life Guide

# Decoding Date Codes

## Expiration Date

### FOUND ON

Baby food, formula, medicines, vitamins, yeast, baking powder.

### WHAT IT MEANS

Do **NOT** distribute or use after the expiration date! Yeast and baking powder work less well, but are safe to eat.

EXPIRES 11/15/18  
DO NOT USE AFTER 1/15/18



## Pack Date

### FOUND ON

Canned foods, crackers, cookies, spices.

### WHAT IT MEANS

This is the date the food was packaged, often displayed in a numerical code. Usually this food is of good quality and safe to eat for a long time past the date.

Packed on 03/01/20  
22:5306412  
KL064



# Decoding Date Codes

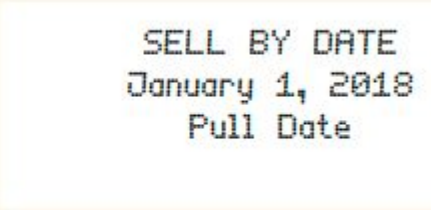
## Sell By

### FOUND ON

Refrigerated foods such as milk, yogurt, eggs, lunch meat.

### WHAT IT MEANS

The store must sell these foods before the code date listed. If the food has been handled properly it is still safe to eat and the quality is good.

A white rectangular label with a black border containing the text "SELL BY DATE" in all caps, followed by "January 1, 2018" and "Full Date" on separate lines.

SELL BY DATE  
January 1, 2018  
Full Date



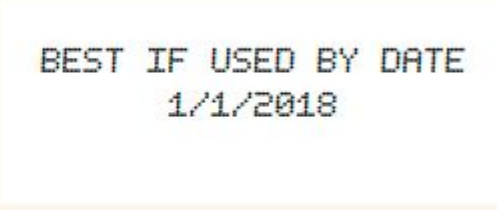
## Use By

### FOUND ON

Crackers, cookies, cold cereals and other dry, shelf stable food.

### WHAT IT MEANS

The manufacturer's recommendation for how long the food will be at peak quality. After this date, the food is still safe to eat but begins to lose nutrients and quality.

A white rectangular label with a black border containing the text "BEST IF USED BY DATE" in all caps, followed by "1/1/2018" on a separate line.

BEST IF USED BY DATE  
1/1/2018



# Proper Storage Temperature

## DRY STORAGE

Temperature between  
50° - 70°F.

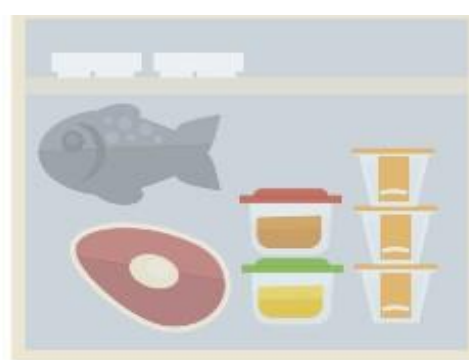
Rotate stock so that older  
foods are distributed first.



## FREEZER

Temperature should be 0°F.

Freezer can be as cold as  
-20°F if you have something  
like ice cream present.



# Proper Storage Temperature



## REFRIGERATOR

Temperature should be between 32°F - 40°F.

Set refrigerator air temperature at 39°F to maintain internal temperature of food at 41°F.

Leave space for air to circulate between items.

# What Not to Consume

## CANS & JARS

Leaking or stained

Swollen can

Rusty

Badly dented, crimped  
or pinched

Container is cracked

Foul odor

Safety seals are broken  
or missing

Lids are loose or missing

Food exhibits changed  
color or odor—**never  
taste suspicious foods!**

## BOXES

***Boxes with an  
inside bag:***

Bag is torn or leaking

Bag has moldy or foreign  
objects inside

Bag seals are ripped

***Boxes without an  
inside bag:***

Box is open or torn

Box is stained or wet



DISCARD  
WHEN





# Product Shelf Life

BAKERY 			
	PANTRY STORED	REFRIGERATION AFTER OPENING	STORED FROZEN
Commercial bread products (pan bread, flat bread, rolls and buns)	12 months	2-3 weeks	3-5 months
Commerical cakes and muffins	3-7 days	7-10 days	6 months
Cookies, crispy	4-6 months		8-12 months
Cookies, soft	2-3 months		8-12 months
Corn tortillas	7-10 days	6-8 weeks	6-8 months
Flour tortillas	1 week	3-4 weeks	6-8 months
Pita bread	2-4 days	4-7 days	4 months
Pastries, danish	5-10 days	14 months	Do not freeze
Tortillas	3 months	3 months	6 months
Whole wheat tortillas	1 week	3-4 weeks	6-8 months

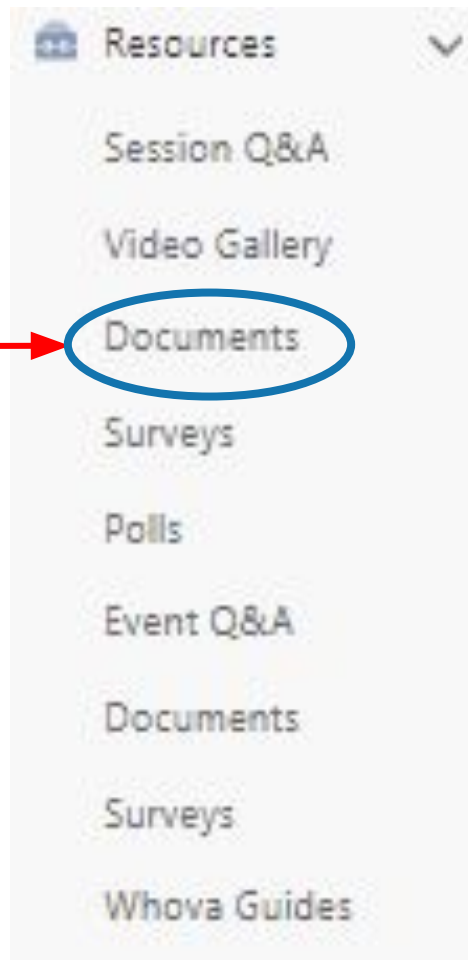
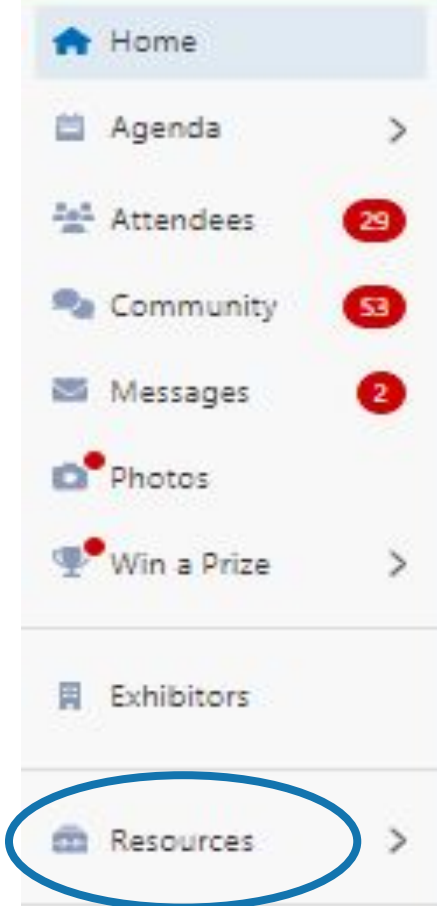
# Finding the Shelf Life Guide

Step 1: Home

Step 2: Scroll down and select the Resources Category

Step 3: Select Documents

Step 4: Select the Shelf Life Guide



# Questions?

# QUESTIONS

