

Food Waste: Check for Quality

Food Waste & Food Product Dates

Many consumers misunderstand the purpose and meaning of the date labels on packaged foods.

This confusion over date labeling can lead to food waste.

Date labels are put in place to ensure peak freshness and quality. Purchasing past the “sell-by, use-by and best-by” dates does not pose a threat to safe consumption.



Understanding Dates on Packaged Food:

1. **“Best if Used-By” or “Best Before”** – Describes when a product’s flavor and quality will be best. This product is still safe to eat even though nutrients and quality slowly decline.
2. **“Sell-By”** – Is used on refrigerated foods such as milk, yogurt, cheese, eggs, lunchmeat, and packaged salad. Stores must sell these foods by this date even though they are still safe to eat.
3. **Expiration Date** – Is only found on baby formula, medicines, and vitamins, which should not be used after this date.

Tuna Slider with Green Chiles

Serves: 3 – 2 sliders per
1 serving

Ingredients:

5 ounces canned **tuna**,
drained and flaked

1 can chopped green chilies
(4.25 ounces)

¼ cup diced celery

¼ cup diced red **onion**

¼ cup reduced fat mayonnaise
2 tablespoons chopped fresh
cilantro

6 slider rolls, split or dinner rolls
Lettuce leaves

Instructions:

1. In large bowl combine tuna, green chilies, celery, red onion, mayonnaise and chopped cilantro; toss to mix well.
2. Top the bottom half of each roll with lettuce leaves, add tuna mixture and the top half of the roll.

