

SENDCAA NEWS

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"Where Healthy Eating Becomes a Habit"

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What Food Date Labels Really Mean

By Consumer Reports

With the exception of infant formula, there are no federal regulations on date labeling. Often the "best if used by/ before", "sell by", and "use by" designations are just manufacturers' best guesses about how long their food will taste its freshest. Supermarkets may also use the dates as a guide when stocking shelves. The dates have little to do with how safe the food is.

"Best if used by/before": This guarantees when a product is of the best quality and flavor. For instance, a jar of salsa may not taste as fresh or crackers may not be as crisp after this date. It's not about safety.

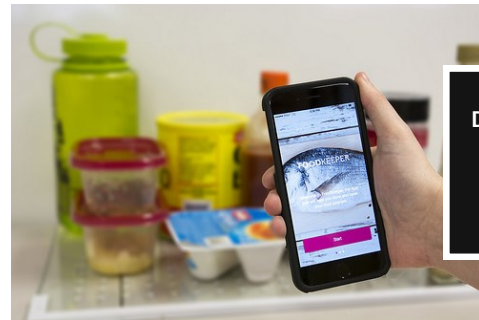
"Sell by": This is the date set by the manufacturers to tell retailers when to remove the product from the shelves. The goal is to ensure that the consumer has the product at its best quality, which can be several days to several weeks, depending on the item. For instance, milk should last 5-7 days past the sell by date before turning sour.

"Use by": This is the last date that guarantees the best quality. This is also not a safety date except for infant formula.

The best way to know whether a perishable food has spoiled is to simply trust your taste buds and sense of smell. Foods past their prime often develop mold, bacteria and yeast, causing them to give warning signs to your senses.

Food-borne illness come from contamination. It's important to always keep perishables refrigerated at the proper temperature. Keeping food prep areas clean and avoid cross-contamination between raw meat and your other foods.

If you are still unsure about whether or not a product or item is worth saving past its date label, a free app the USDA created, Food Keeper, will help you determine how a certain item should be consumed, where it should be stored, and how long it will last in your refrigerator once opened.



Download the
USDA's Free
app "Food
Keeper"

Make this fun
edible snowman
using a bagel!



End of the Year Tax Reports

- ⇒ Tax Reports will not be automatically sent out. You may call our office and request a copy of your 2018 year end tax report.
- ⇒ If you are a KidKare user, you can access this report by going to: **Reports** → **Claim Statements** → **Tax Report** → 2018 → **Run**

Sugar Calculator

Want to know if your yogurt or breakfast cereal, meets the requirements of the CACFP meal pattern? Use this calculator to find out!

<https://foodplanner.healthiergeneration.org/cacfp-calculator/>



*Happy Holidays to all SENDCAA childcare providers!
The SENDCAA offices will be closed December 25th and January 1st.*



