

# CHECK THE DATE!



## Part 1: Understand the Dates

Do you know how long you can keep food in your refrigerator or freezer before it spoils?

Here are some common refrigerator and freezer items. What do you think?

### FROZEN FOODS

Meatballs

Chicken

Vegetables

Bread/Rolls

Ice Cream

### REFRIGERATED FOODS

Milk

Cheese

Yogurt

Eggs

Cream Cheese

Go to [www.easyhomemeals.com/tips/frozen-refrigerated-food-time-chart](http://www.easyhomemeals.com/tips/frozen-refrigerated-food-time-chart) to find out if you're right.



Manufacturers often label their food products with “Use by” and “Best if used by” dates to help consumers make food choices that will prevent waste. The “Use by” date refers to the date the product should be consumed by or discarded after that date. The “Best if used by” date indicates the product may not taste or perform as expected but can still be safely used or consumed. There’s no better means of preserving food than freezing. Because many frozen foods are flash-frozen at the peak of ripeness, they maintain their nutritional quality and can be stored and enjoyed for much longer than other foods.

## Part 2: Check the Dates

Now, use this chart to inventory the foods in your freezer and refrigerator at home, and organize them by type of food and “Use by” dates.

	“USE BY” DATE	“BEST IF USED BY” DATE
Meats		
Breads		
Fruit		
Vegetables		
Dairy		

Get creative! On the back of this page or a separate sheet of paper, describe two waste-reducing meals featuring the frozen and refrigerated foods in your home. Be sure to list the ingredients and write the preparation instructions.

For more information about how to reduce food waste, go to [easyhomemeals.com/easy-ways-frozen-food-can-reduce-food-waste](http://easyhomemeals.com/easy-ways-frozen-food-can-reduce-food-waste)

