Not a lot of foods have Expiration dates. These are more commonly used on medications, vitamins and supplements. Infant formulas, some baby foods and some meal replacement liquids also have Expiration dates. If a package says Expires on, or Do Not Use After a certain date, Do Not Use it! After that date the manufacturer can not guarantee that you will get all the medication the label promises. Sometimes the ingredients might have changed. Or maybe you won't be able to absorb them correctly. Your infant might not get all the nutrition they need. Or an elder who's having trouble chewing might not get all the nutrition he or she needs. A label that says Expires on must be obeyed. Throw the food out. But not many foods truly have expiration dates. Most foods have Use by or Sell by date.

Check out our FAQs on Food Safety videos. Look at the list of topics, choose what’s on your mind, and get the facts in 2 minutes or less. They’re on our website, easy to access day or night, whenever you have a food safety question!

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