Date labels are NOT related to food safety, but many people think they are & throw out safe, good quality food:

- The government does NOT regulate date labels*
- There are no rules for how dates are set
- The "Use By," "Sell By," "Best if Used By," & other dates are determined by the manufacturer & are suggestions related to quality

* Infant formula is the only food required to have a date label in New York.

Most foods are still high-quality & safe to eat for some time after the date. Examples include:

- Yogurt & cheese: 7+ days past the date on the label
- Eggs: 3+ weeks
- Canned/boxed food: 3+ months

Search "End Food Waste" at OCRRA.org

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Ideas to Use it Up!

SAUTÉ GREENS

An easy recipe for green leafy vegetables, like kale, swiss chard, collard greens, arugula, or spinach:

- Add 1–2 Tbsp. of oil to a large skillet on medium–high heat
- Add a chopped onion & stir until soft
- Add the greens, turn down the heat, & stir until softened
- Salt & pepper to taste – add other spices, if desired

MAKE AN EGG SCRAMBLE

You can make a healthy meal in minutes.
Use 2 or 3 eggs per person:

- Whisk eggs in a bowl
- Add 1 Tbsp. of oil or butter to a skillet on medium heat
- Add eggs
- Add veggies – suggestions: broccoli, pepper, onion (chopped & softened by sautéing or microwaving), or leafy greens, like spinach
- Optional: add meat – cooked & cut into small pieces
- Stir until eggs are cooked
- Salt & pepper to taste – add other spices, if desired
- Optional: add your favorite cheese

TIP Use leftover veggies or meats you have on hand