



10 Ways to Fight Food Spoilers

#1

Keep cold foods cold.
Refrigerate foods promptly.

#2

Keep hot foods hot.
Room temperatures may
allow germs to grow.

#3

Watch the time.
Perishable foods may not be
safe to eat if kept at room
temperature for more than 2
hours.

#4

Wash hands and utensils
often.
Use hot, soapy water.

#5

Buy foods only from clean
stores and respected
merchants.

#6

Thaw frozen foods in the
refrigerator or microwave,
NOT on the kitchen counter.

#7

Freeze cooked food if it isn't
going to be eaten in a day or
two.

#8

Wash your cutting board,
utensils, counter, sink and
hands before and after
contact with raw meat, fish
or poultry.

#9

Don't sample food that may
have spoiled. Throw it out.

#10

When in doubt, throw it out!

What's in a Date?

Many food products have a date stamped on them. Not all dates have the same meaning. Consider:

Use-By

date is the last date recommended for the use of the food while at peak quality. After that date, the quality begins to go down.

Sell-By

date tells the store how long to display the food. You should buy the product before this date. Use up the product or freeze it within a day or two past this date. Kentucky law requires this date on milk and all products made from milk, such as yogurt and cheese.

Best if Used By (or Before)

date is for best product quality. It is not related to safety. Sometimes the term “Freshness” is used to mean the same thing.

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