



FARE SHARE FOOD CO-OP

Norway, Maine's Cooperative Grocer Since 1978

DISCOUNT GROCERY

KEEPING GOOD FOOD IN THE BUDGET & OUT OF THE LANDFILL

Products at 50% or less than regular cost!

- Discontinued or seasonal
- Excess inventory
- Slightly damaged or have packaging changes
- Close to or past their "best-by" date and still good to consume

Grocery manufacturers, producers and retailers resell items like these at deep discounts so items can cost 50% or less than expected retail prices!



You don't have to be a member to shop!

OPEN DAILY 10AM-7PM

443 Main St. Norway, ME

207-743-9044

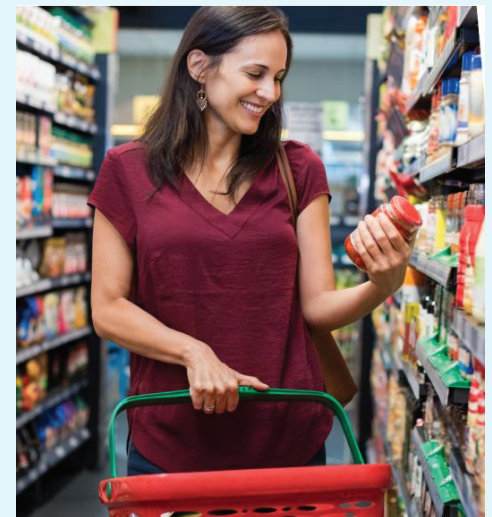
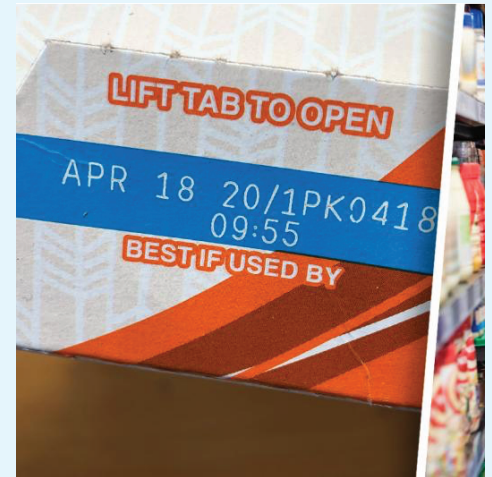
www.faresharecoop.org



How Do “Expiration Dates” Work?

The dates printed on many food packages with phrases like “use-by,” “best-by,” “sell-by,” and “best if used by,” frequently called **“expiration dates,”** are not safety dates!¹ These dates refer to the peak quality of a product and are not required or standardized by the USDA or FDA. The date on a product is determined by its manufacturer and most dates are not based in exact science. A product that is past its labeled date is rarely expired or spoiled.² In fact, no link has been shown between eating food after its labeled date and food-borne illness.³

The only food product date-label that is regulated nation-wide is baby formula, and some states will require certain other products have quality dates on them. But, again, there is no federal law or standard for regulating date labels. **Maine requires date labels only for shellfish products, but does not prohibit the sale or donation of these or other food items past their labeled date.**⁴



“More than 90 percent of Americans prematurely toss food because they misinterpret food labels as indicators of food safety... [A]n estimated 20 percent of food wasted... is due to misinterpretation of date labels...[T]he average household of four is losing \$275-\$455 per year on food needlessly trashed.”

— Harvard Food Law & Policy Clinic and the Natural Resources Defense Council

¹ M., Hannah. “Food Dates: The Real Truth.” Food Rescue MAINE, University of Maine Mitchell Center for Sustainability Solutions, 16 Aug. 2021, <https://umaine.edu/foodrescuemaine/2021/08/16/food-date/>.

² Commissioner, Office of the. “Confused by Date Labels on Packaged Foods?” U.S. Food and Drug Administration, FDA, <https://www.fda.gov/consumers/consumer-updates/confused-date-labels-packaged-foods>.

^{3,4} “Food Product Dating.” Food Safety and Inspection Service, U.S. Department of Agriculture, 2 Oct. 2019, <https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/food-product-dating>.