

~Bank Notes~

FOOD BANK OF EAST ALABAMA

September 2026



IS THIS FOOD EXPIRED?

UNDERSTANDING DATE LABELS

The dates that food companies put on packages are not regulated and do not mean that the food is unsafe to eat, except in the case of baby formula. Most foods are still tasty and nutritious after the date has passed. **Not sure if food is spoiled? Check for off odor, flavor, or texture.**



"BEST BY" OR "BEST IF USED BY" DATES

The date tells you when the food will have the **best flavor**.
It is **still safe to eat** past this date



"USE BY" OR "EXPIRATION" DATE

This is the last date that the product will be at its **peak quality**.
It is **still safe to eat** past this date **(except for baby formula)**.



"PACKING/MANUFACTURING" DATE

This is the date used by manufacturers for tracking.
It is not an expiration date-it is not related to food quality or safety.



"SELL BY" DATE

This tells the store how long to display the product for **sale**.
It is **still safe to eat** past this date.

GOOD FOR UP TO ONE YEAR AFTER THE DATE:



- Packaged food like cereal, pasta, dried beans and baking mixes
- Frozen foods including soup, condiments, meat, fruit, vegetables

GOOD FOR UP TO 30 DAYS AFTER THE DATE:



- Butter
- Cheese
- Eggs

GOOD FOR UP TO 7 DAYS AFTER THE DATE:



- Milk
- Yogurt
- Cream Cheese



When in doubt, use your senses! Check for off odor, flavor, or texture before deciding to throw food away.



SEPTEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7 [CLOSED] 	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22 Agency Shopper Orientation @ 8:45 am	23	24	25	26
27	28	29 [CLOSED] For inventory	30 [CLOSED] For inventory			



Cool summer savings for our agencies!

July 2026

Number of Agencies Shopping:	93
Pounds Distributed:	497,666
Retail Value per FA (\$1.90 per lb.):	\$945,565
Food Bank SMF:	\$27,060
Savings to FBEA Agencies:	\$918,506

NOW OPEN FRIDAYS!



Food Bank of East Alabama

8am - 11am

Pick up orders & shop the market area!

Civil Rights Assurance

In accordance with Federal law and U.S. Department of Agriculture policy, no person shall, the basis of race, color, national origin, sex, age, or disability, be excluded from participation in or be denied, or otherwise subject to discrimination under this program.