

# SEASONED

## *Ingredients for Healthy Aging*



### Dates on Food Products

The foods we buy often have dates on them, but figuring out what they actually mean can be confusing. There isn't a universally accepted food-dating system in the United States. Most dating is voluntary and is the manufacturer's best guess at how long the product will last. Surprisingly, with the exception of infant formula, product dating is not required by Federal Law.

It is also important to note that these dates indicate the quality of the food, not the safety of the food. Keeping food properly stored, and throwing food away when any signs of spoilage are present are the best ways to make sure the food you consume is safe. Throwing food away because of these dates also contributes to the high level of food waste seen in the USA.

**Sell by date:** This date is for the retailer. This is the last date the food should be sold. If the food has been properly stored it will be good for several days to a week, depending on the food, past this date.

Foods that are labeled with this include milk, yogurt, cottage cheese, lunchmeats, and packaged salads.

**Best before:** This is a freshness date. It tells you when the food will be at its best flavor or quality. It is not a purchase by or a safety date.

**Use by-** This is often on perishable food, such as meat, yogurt and eggs. If the food has been properly stored the food will remain good for a week after this date.

**Eggs-** Eggs will be labeled with a sell by or expiration date. Eggs are safe if properly stored at 40° or below for three to five weeks. To store eggs properly they should be kept in the coldest part of the refrigerator in the original packaging (not on the door).

### Resources/More information

<https://extension.umn.edu/preserving-and-preparing/dates-food-products-what-do-they-mean>

<https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/food-labeling/food-product-dating/food-product-dating>

### Food Safety Questions?

Call the USDA Meat & Poultry Hotline toll-free at 1-888-MPHotline (1-888-674-6854) The Hotline is open year-round and can be reached from 10 a.m. to 4 p.m. (Eastern Time) Monday through Friday.

•E-mail questions to [MPHotline@usda.gov](mailto:MPHotline@usda.gov).

## Bean Burrito with Avocado

Makes 4 Servings



### Ingredients

- 1 15-oz. can pinto beans, drained
- 4 8-inch whole wheat tortillas
- 1 ripe, fresh avocado, halved, pitted
- 1/4 tsp. garlic powder
- 1/2 lime, juiced
- 1 jalapeño, seed and veins removed, diced (optional)
- 1/2 cup salsa
- salt and pepper to taste

### Directions

1. Mash avocado and add garlic powder, lime juice and sea salt to taste. Set aside.
2. Drain, rinse and heat beans and diced jalapeño in a skillet on medium heat for 2 minutes. Add 1/4 cup salsa and mash beans with a masher for about 2 minutes until soft. It makes about 1 cup. If beans get too dry, add a tablespoon of salsa.
3. To assemble each burrito: Add 1/4 cup beans, a spoonful of salsa and then 1/4 cup of mashed avocado. Roll tortillas and wrap.

## Nutrition Question?

Consult with a registered dietitian! We offer nutrition counseling to Boulder County older adults (60+) and caregivers—at no cost (donations accepted). Call to ask a question or set up an appointment:

**303-678-6115**

**303-441-3910 En Español**

Also, workshops that help support healthy living and falls prevention are available. Call 303-441-3955 for more information.

### Nutrition Information (per serving)

284 calories; 10.5 grams protein; 44 grams carbs; 12.8 grams fiber; 9 grams fat; 1.3 grams saturated fat; 480 mg sodium



Information & Assistance for Aging Well

**303-441-1617**

[www.BoulderCountyAging.org](http://www.BoulderCountyAging.org)