

KEEP FOOD SAFE WITH FIFO

First In, First Out or FIFO is a food storage method that limits the growth of pathogens, thereby keeping you safe. In addition, FIFO helps you find food faster, maintain its freshness and quality, and reduce food waste.

You can use FIFO for dry-goods as well as items in the refrigerator or freezer

HOW TO USE FIFO

STEP 1



Gather food items and review the “best by” or “use by” dates printed on them. You may be able to find the dates on the bottom or top ends of the product.

STEP 2



Place the items on the shelves with the latest dates toward the back. Items with the earliest dates should be placed in front

STEP 3



As you restock your pantry or inventory, place new items and/or items with later dates toward the back.

STEP 4



As you take from your supply, use the foods in the front first. Over time, your inventory will rotate efficiently and you'll be using and/or providing the best quality of foods on a regular basis.

FIFO TIPS

- Always check food products for damage. Inspect cans for deep dents, bulging, or rust. Inspect other foods for bad smells, discoloration, mold, and signs of pest damage (such as holes, bite marks, or droppings).
- Make sure products contain a label and store them face up
- The “use by” and “best by” date refer to quality **not** food safety. Food manufacturers use these terms to describe the date in which food will be at its peak quality. Some food items may still be good after their use-by or best by dates. Refer to our Food Dating Guide for guidance.
- Above all, the guidelines presented are our best suggestions on food storage. If you are ever in doubt, throw it out!