

PantryPress



Overnight Oats

Serves: 2

Ingredients

2/3 cup quick cooking oats
 1/2 tsp cinnamon
 2 Tbsp peanut butter (optional)
 1 cup milk of choice
 1/4 cup raisins (optional)
 Drizzle of maple syrup or honey (optional)

Directions

1. In a jar or bowl, combine the oats, cinnamon and peanut butter (optional) with a splash of milk. Once mixed well, add the rest of the milk and stir.
2. Add raisins if desired. Cover jar or bowl and refrigerate overnight, or up to 3 days.
3. Drizzle honey or syrup over top right before serving. (optional)

Nutrition Info

296 Calories
 10g Fat
 43g Carbohydrates
 12g Protein
 58mg Sodium

Related Links:

<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/food-product-dating>

Food Date Labels: What Do They Really Mean?

"Sell By," "Use By," "Best By" or "Best If Used By"? These food date labels can be confusing. Many people think the food is not safe after that date but that is not always true. Find out what they really mean so you can make smart choices and waste less food!

"Sell By" Date

The "Sell By" date is meant for stores, not shoppers. It lets the store know how long to keep the food product on the shelf. You can still eat or drink products after the "Sell By" date, as long as it has been stored the right way. For example, milk may still be good for several days after the "Sell By" date. Always use your senses, if it smells bad or the taste is off, toss it.

"Best By" or "Best If Used By" Date

This date is about quality, not safety. It tells you when the food will taste its best. After this date, the food might not be as fresh or flavorful, but it is often still safe to eat. For example, chips may lose their crunch, or cereal may not taste as fresh, but they are usually still okay to eat if the date has just recently passed. Always store pantry items in airtight containers to keep them fresh for longer. PRO TIP: Make stale chips and crackers crunchy again by baking them in the oven laid flat on a baking sheet at 300°F for 5-10 minutes.

"Use By" Date

The "Use By" date is often found on foods that can spoil quickly, like meat, dairy, and ready-to-eat meals. This date tells you the last day the product is expected to be of the best quality and safest to eat. Product dating is voluntary for food manufacturers (except baby formula), but many choose to include it for quality assurance. After this date, it is better to be your own judge. If the food has a bad smell, looks strange, or has been stored too long, it's safest to throw it away.

Why These Labels Matter

Date labels are helpful guides, but many people throw away food too early because they misunderstand these dates. This leads to a lot of wasted food and money. Learning what these labels mean can help you save both. Keep your food fresher for longer by following the tips below:

- **Store properly after opening:** Be sure to freeze food before it spoils, the freezer will give you more time to eat it. Keep a marker handy to label your own airtight containers and bags. For dairy items, write the date they are opened to help you keep track of how long it's been since the seal was broken.
- **Keep your fridge and freezer at the right temperature:** The fridge should be 40°F or colder. The freezer should be 0°F or colder. Don't store milk in the fridge door, keep your milk cold by storing it on the middle or lower shelf toward the back of the fridge.
- **Use your senses:** Always check how food looks and smells before you taste.
- **When in doubt, throw it out!**

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