Production Code Deciphering Instructions and Shelf Life

All Food For Life products are stamped with a 5 digit code indicating a Julian calendar date. The code can be found on the "kwik lok"® (plastic clip) for most bread and English muffins, ink jet printed on the tortilla packaging, and on a sticker for the Yeast Free breads. The following are (2) examples on how to decipher Food For Life codes:

Example 1:

CODE **W3265** W (represents 2022)
Add the last digit to the first three digits: X (represents 2023)

326
+ 5
= 331 (331st day of the year 2022) = **November 27, 2022**

Example 2:

CODE **X0275**
Add the last digit to the first three digits:

027
+ 5
= 032 (32nd day of the year 2023) = **February 1, 2023**

These codes indicate the date of production and are used to track product for quality control purposes etc... We guarantee these products for 12 months when kept frozen from this date.

These codes are not to be confused with expiration dates. Food For Life products are marketed on a frozen basis to the natural food marketplace and shelf life will depend upon the date products are thawed (except for the local Southern California Supermarket chains where they are distributed on a fresh basis. These retailers will have a 5 or 10 day shelf life with expiry date printed on the kwik lok or stickered on the bag.)

Note: While most Natural Food Stores display Food For Life products in the freezer, there are some "higher volume" stores who market Food For Life products off their store shelves or in the cooler or dairy case. It is advised to request the date the products were first thawed to determine life expectancy according to the guides below:

Life Expectancy:	Frozen	(0°F)	-	12 months
	Refrigerated	(40°F)	-	10 – 14 days from defrost
	Fresh	(65°F)	-	5 days from defrost

If products are purchased within these time periods from either the date of production or the date thawed, we recommend refrigerating or freezing for longer periods of keeping.

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