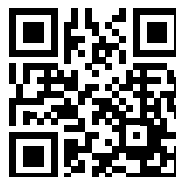






## How to access Depot Supports?

The Depot supports can be accessed through DDSB educators. If you are in need of some support, reach out to the educators in your local school community who can access the Depot on students' behalf.

## How to support the Depot?

There are a few ways to support the depot! You can donate food directly to the depot, you can donate financially at the QR code below and you can follow us on social media and share our information and content with your friends, family and neighbours!



-  [idlf.ca](http://idlf.ca)
-  [Ignitedurhamlf](https://www.instagram.com/ignitedurhamlf)
-  [Ignite Durham Learning Foundation](https://www.facebook.com/ignite.durham.learning.foundation)
-  [Ignite Durham Learning Foundation](https://www.linkedin.com/company/ignite-durham-learning-foundation)



DEPOT@DDSB.CA  
155 GIBB STREET, OSHAWA, ONTARIO, L1J 1Y4  
(905) 666-6991

Make A Difference  
**DEPOT**



# IS THIS FOOD EXPIRED?

## Understanding Food 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 odour, flavour, or texture.



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



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



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 indicated**

Packaged food such as cereal, pasta, dried beans, baking mixes, frozen food and canned goods including soup, condiments, meat, fruit, and vegetables.

**GOOD FOR:**  
**Up to 30 DAYS after the date indicated**

Food such as butter, cheese and eggs.

**GOOD FOR:**  
**Up to 7 DAYS after the date indicated**

Food such as milk, yogurt and cream cheese.

## Where does the Make A Difference Depot Nutrition Station Support come from?

The depot shelves get filled through the support and generosity of IDLF's community of supporters and donors! They believe in our vision of Tomorrow's Made Brighter and they believe in you

## What is the Depot?

The Depot is a unique one of a kind space that houses in-kind items from donations to support DDSB students if and when they need it!

