

MRE Shelf Life & Inspection Date Label

IMPORTANT NOTICE: MRE TEST/INSPECTION DATE vs. EXPIRATION DATE

Understanding MRE Dating:

MREs (Meals Ready-to-Eat) are designed to be shelf-stable for extended periods under proper storage conditions. Unlike traditional food products, MREs do not have an expiration date. Instead, they are assigned a test/inspection date, which is used to evaluate the product's quality and integrity.

Test/Inspection Date:


- This date is provided by the manufacturer as a guideline for periodic quality checks.
- It does not indicate spoilage or an immediate need to discard the product.
- If stored properly, MREs can remain safe for consumption well beyond this date.

Shelf Life & Storage Guidelines

- MREs stored at room temperature (75° F or lower) can last 5+ years beyond the inspection date.
- If stored at cooler temperatures (below 60° F), MREs may remain viable for 10 years or longer.
- Heat exposure (above 100° F) can reduce shelf life.

What This Means for You:

- DO NOT confuse the test/inspection date with an expiration date.
- Always check the packaging for signs of damage, swelling, or unusual odor before consuming.
- For more details, refer to the USDA guidelines: <https://ask.usda.gov/s/article/Is-an-MRE-shelf-stable>

 **Storage Tip:** Keep MREs in a cool, dry place to maximize their longevity!

