

# Copy / pasting dates in Excel

## without losing the date formatting

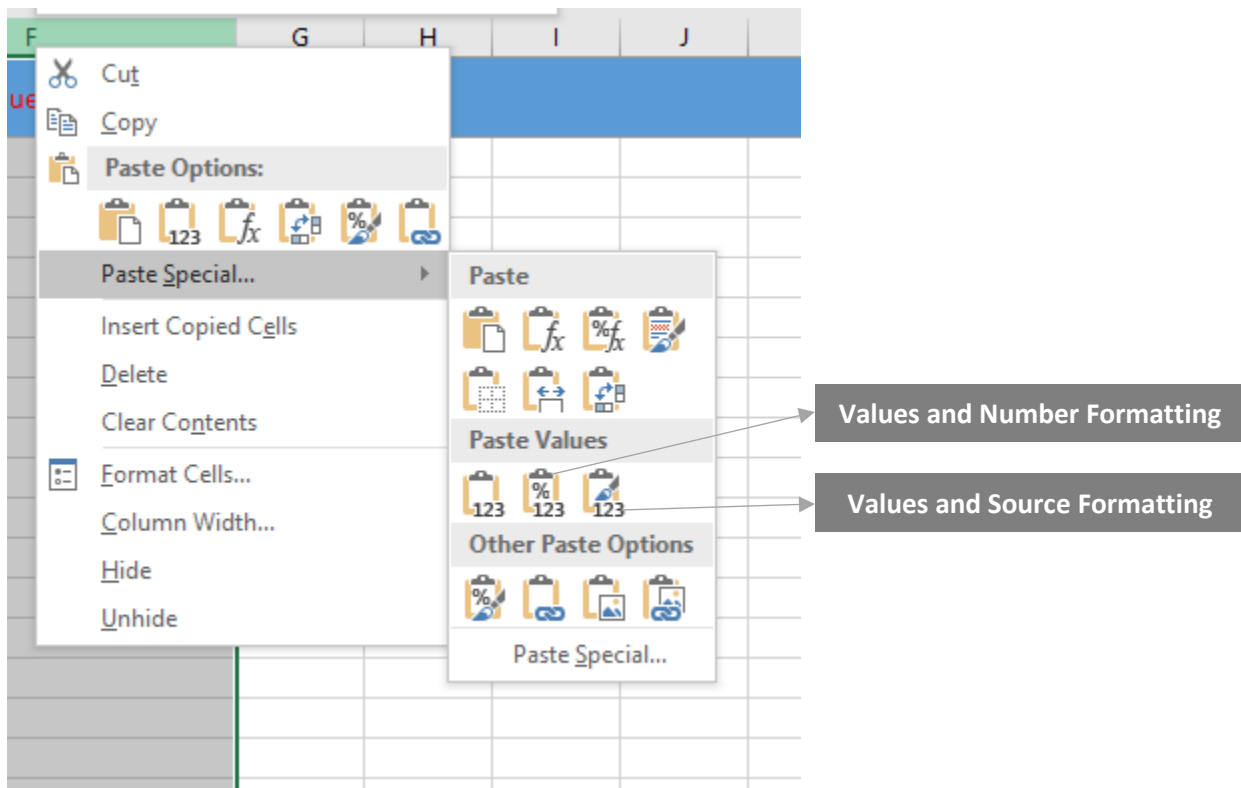
### How to keep the date format?

Use paste options

- Paste special > Paste values > **Values and Number Formatting**
- Paste special > Paste values > **Values and Source Formatting**



### Types of pasting in Excel



## Examples of different types of pasting the same data

Regular paste – dates are messed up!

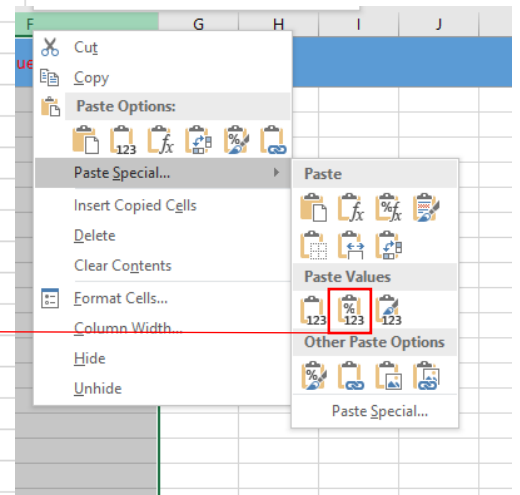


The screenshot shows the Microsoft Excel interface. The title bar indicates the file is 'CU\_003.xlsm'. The ribbon is set to 'Home', and the 'Styles' group is active, showing various cell styles like 'Normal', 'Bad', 'Good', 'Neutral', 'Calculation', 'Check Cell', 'Explanatory...', 'Input', 'Linked Cell', and 'Note'. The 'Cells' group shows 'Insert', 'Delete', and 'Format' options.

The worksheet contains a table with columns labeled 'first 4', 'last 4', 'cleaned up', and 'cleaned up'. The first two columns contain dates from 1996-05-30 to 1997-03-17. The 'cleaned up' columns contain dates from 1996-05-30 to 1997-03-17, followed by a column of '1900-01-00' dates. A red box highlights the '1900-01-00' column. A context menu is open over this column, showing options like 'Cut', 'Copy', 'Paste Options', 'Paste Special...', 'Insert Copied Cells', 'Delete', 'Clear Contents', 'Format Cells...', 'Column Width...', 'Hide', and 'Unhide'. The 'Regular paste' option is highlighted with a red arrow.

[illegible]

Values and Number Formatting paste – dates are well-formatted!

[illegible]

Values and Source Formatting paste – dates are well-formatted!

[illegible]