

# EST

*Meaning: EST stands for Eastern Standard Time, which is the time zone that is 5 hours behind Coordinated Universal Time (UTC-5) and is used in the eastern part of the United States during standard time.*

1. The meeting is scheduled for 3 PM EST, so please be on time.
2. I always struggle to convert the time from EST to PST without making a mistake.
3. During the winter months, the difference between EST and UTC is five hours.
4. They announced the release of the new product at 12 PM EST today.
5. Travel plans must be adjusted since the flight departs at 8 AM EST.

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