

EXPIRY DATE, USE-BY DATE, AND BEST BEFORE

On most food packages you will find:

- Expiry date
- Use-by date
- Best before date

Understanding the difference between Expiry date, best before and use-by dates on food labels is very important to keep food safe and to help reduce food waste. Food may contain bacteria, and if stored for too long or at the wrong temperature without taking into serious consideration the food labels, this can cause food poisoning.

Understanding the difference between Expiry date, best before and use-by dates on food labels is very important to keep food safe and to help reduce food waste. Food may contain bacteria, and if stored for too long or at the wrong temperature without taking into serious consideration the food labels, this can cause food poisoning.

1- Expiry dates & Use-by date:

Both are related to safety, which means if we don't follow the label instructions, we could become very ill. In other words, never eat food after the use-by date or expiry date. You can eat food until midnight of the day mentioned on the label but not after.



Remember:

You have to store the product in the appropriate temperature mentioned in the label.

Example: The below canned product can be consumed till the midnight of 27 November 2018 but not after unless the food has been frozen.



Remember:

You cannot smell the bacteria which make you ill.

2- Best before date or BBE:

Here we are talking quality and not safety. After the best before date listed on a product, the food will be safe to eat but may not be at its best.

For foods with a best before date, you may look for visible mould, sniff/smell to see if they have off odour or taste to see if its sour. If any of the above mentioned is there, then discard and do not consume.

For food with a use-by date, the 'sniff test' is not an appropriate method for testing if food is safe to eat. Food can look and smell fine even after the use by date has passed, but the product will not be safe to eat.

