

BEST BEFORE VS USE BY DATES

Most foods have a Best Before date which is an indication of quality and Use By or Expiry date which is indication of safety.

USE BY/EXPIRY

- Critical date mark showing when a food must be consumed by
- Used on highly-perishable foods including ready-made meals, meat, dairy and cooked food
- After expiring, food with a 'Use By' date can be risky to eat as it may contain harmful bacteria or be dangerous to eat
- It's unsafe to keep food that has passed it's 'Use By' date even if it looks perfectly fine
- Frozen food can be kept if it is frozen before the 'Use By' date and can normally be kept for up to 6 months after freezing

BEST BEFORE

- Suggested date mark showing when a food starts to lose some of it's quality or flavour
- Used on foods that aren't dangerous to eat if they pass the 'Best Before' date
- Normally used on canned or tinned foods, packaged products, long-life juice or milk, fruit and vegetables and pasta
- Generally safe to keep for up to six months after the 'Best Before' date has passed

FOOD SAFETY STANDARDS

- Foodbank WA operates in accordance with the Food Standards Australia New Zealand (FSANZ) Food Standard's Code.
- Food can be legally sold or given away after its Best Before date, which is why we play such a pivotal role in rescuing and redirecting quality food. Suppliers also have the ability to issue a Best Before 'code extension notice' of up to 6 months where food is still safe to consume.
- It is illegal to sell or give away food after the Use By date because it may pose a health or safety risk to yourself and others

**FOR MORE INFORMATION VISIT
FOODSTANDARDS.GOV.AU**



FOOD SAFETY TIPS

TIP 1

Wash your hands for 20 seconds with soap before cooking and after you touch your hair, nose, eyes or raw food or after you smoke, pat your cat or dog or go to the toilet.

TIP 2

Wash fresh fruit, vegetables and herbs before eating. Don't wash meat, fish, chicken or eggs. Use separate chopping boards for raw meat, seafood and vegetables. Do not use any food if it has passed the 'Use By' date.

TIP 3

Keep food out of the 'temperature danger zone' between 5 and 60°C, so keep cold food in the fridge or freezer and hot food should stay warm before it goes in the fridge. When you defrost food, don't let it defrost on the bench or under water, leave it in the fridge or defrost in the microwave.

TIP 4

When storing hot leftovers, only put them in the fridge after they have stopped steaming. Check your leftovers in the fridge and only keep it for 2–3 days before freezing or throwing them out. You should only refreeze defrosted food if you defrosted it in the fridge.

TIP 5

Take special care with your high-risk foods. These foods should be stored safely and not eaten after they pass their 'Use By' date. High-risk foods include:

- Dairy products like milk
- Raw and cooked meats and seafood
- Premixed salads
- Cooked rice and pasta
- Food containing eggs
- Ready-to-eat meals like sandwiches, rolls and pizzas

