

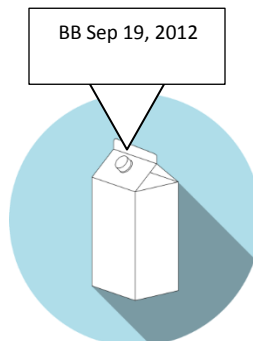
Best Before versus Expiry Date

Best Before Dates:

- Refer to quality, **not** safety.
 - Before this date, unopened food is freshest and has all its nutrients
 - Food is often safe to eat after its Best Before date.
- Found on most foods:
 - Cereal, bread, flour, crackers, salsa, juice, milk, yogurt, cheese, eggs, meat, fish, chicken.
- Not found on:
 - Fresh vegetables and fruit, items made in store.

Expiry Dates:

- Refer to quality **and** safety.
- **ONLY** found on four items:
 - Infant formula, nutritional supplements, meal replacements, and medications.
- Do not use these items after the expiry date.



How do you know if a food is safe? Examine ALL food before eating. Food can be unsafe before or after the Best Before date. Food can be unsafe if it has not been handled or stored properly, even if it looks and smells normal.

For example, milk before its Best Before date may be sour and unsafe to drink if it has not been kept in the refrigerator.

Do not eat any food that:

1. Has mold or looks different than normal
2. Smells or tastes bad
3. Has not been stored properly
4. Is from a swollen or dented can
5. The vacuum seal has been broken (example, you open a jar and it doesn't 'pop')



Can you eat food past its Best Before date?

- YES, you can safely eat foods past their Best Before date.
- Unopened and undamaged packages of non-perishable foods past their Best Before date are likely safe to eat.
- Examine ALL food before eating.

Perishable foods:

- Spoil, decay or become unsafe to eat if not kept refrigerated or frozen.
- Example: Meat, poultry, fish, Fresh fruits and vegetables, dairy products, cooked leftover food.

Non-Perishable foods:

- Do not require refrigeration and have a long shelf life.
- Example: Pasta, flour, rice, beans, cereal, canned foods, and unopened jarred foods (pasta sauce, jam etc).

What is your risk of getting sick?
Very low <ul style="list-style-type: none">• Foods before their Best Before date that were stored properly and not damaged• Dry goods or non-perishable foods after their best before date that look and smell normal• Canned goods past their Best Before date that are not bulging, dented or damaged
Low <ul style="list-style-type: none">• Perishable foods after their Best Before date that have been stored properly
High <ul style="list-style-type: none">• Non-perishable foods before or after their Best Before date if they:<ul style="list-style-type: none">▪ Look or smell different than normal• Perishable foods before or after their Best Before date if they:<ul style="list-style-type: none">▪ Look different than normal (e.g. moldy, chunky, runny)▪ Smell different than normal or smell bad▪ Have not been handled or stored properly (e.g. left out of the fridge for longer than 2 hours)

Other common types of dates found on food packages and labels in Canada		
Date label	What it means	Most foods where you will see it
Use by	The product may be less effective after this date.	Yeast
Sell by	The store must sell the product by this date. You can still eat the food after this date.	