

Best-Before Date Guidelines

A best-before date indicates the period for when the product is at its optimal quality. Products with a best-before date are safe to consume after that date although the quality will deteriorate. If deterioration or spoilage becomes noticeable, it is then a health/ safety risk. If it looks ok and smells ok, you can generally eat it. It is not illegal to sell or donate a product past its best before date. **Do not distribute or consume food that has passed its use-by date.**

	Food type	Don't give out if....
 DAIRY	Fresh milk	3 days or more after 'best-before date'
	Yogurt, sour cream, cottage cheese, cream	2 weeks or more after 'best-before date'
	Eggs	2 weeks or more after 'best-before date'
	Soft cheese: brie, camembert	2 weeks or more after 'best-before date'
	Mayonnaise, hollandaise and taretare sauce	1 month or more after 'best-before date'
 MEAT	Fresh meat - not chicken or shellfish	After 'best-before' date. Only give on 'best-before date' if meat is to be consumed on that day.
	Fresh meat - chicken or shellfish	We recommend you DISCARD IMMEDIATELY
	Cured meat - bacon, salami etc.	After 'best-before' date. Only give on 'best-before date' if meat is to be consumed on that day.
 BREAD	Fresh bread	2 or more days after 'best-before' date
	Packaged breads	10 days or more after 'best-before' date
 DRINKS	Smoothies	2 days or more after 'best-before' date
	Juices	1 week or more after 'best-before' date
	Fizzy drinks	6 months or more after 'best-before' date
 READY MEALS	Salads (bags and pottles)	Don't distribute after 'best-before' date
	Single serve microwave meals/bulk prepared meals	On or after 'best-before' date
	Fresh pies, pizzas and quiches	3 days after 'best-before' date
	Fresh soups (plastic pouches)	2 weeks or more after 'best-before' date
 OTHER	Tofu	1 week or more after 'best-before' date
	Dips (including hummus)	1 week on or more after 'best-before' date
	Packaged chips, biscuits and crackers	1 month or after 'best-before' date
	Chocolate and sweets	2 months or more after 'best-before' date
	Dried nuts and fruits	3 months or more after 'best-before' date
	Packaged cereals and muesli bar	6 months or more after 'best-before' date
	Spreads and chutneys	6 months or more after 'best-before' date
	Canned goods	1 year or more after 'best-before' date
	Dried bulk goods (flour, sugar, oats etc.)	1 year or more after 'best-before' date

These are **guidelines only** as referenced by international website www.eatbydate.com and in consultation with AFRA members and MPI. **You should always question any food past its best-before date before re-distributing back out into the community.**