

# Best Before Dates & Expiry Dates

Understanding “Best Before” and “Expiry” dates can help inform your decisions about food safety, food quality, and reducing food waste.

## Best Before Dates

### Foods with these labels:

Milk, meats, canned foods, cereals, frozen foods, salad dressings and snacks.

### What They Mean:

The best before date does not mean the food is safe or unsafe to eat. It means how long an unopened product will keep its quality (i.e., freshness, taste, nutritional value) if stored correctly.



### Tip

When in doubt, throw it out!



## Expiry Dates

### Foods with these labels:

infant formula, meal replacements or nutritional supplements.

### What They Mean:

The expiry date does not mean the food is safe or unsafe to eat. It means the last day that the nutritional value is guaranteed. Consuming foods past the expiry date may mean the nutritional value of product is reduced.