

Best Before Dates & Expiry Dates

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

Best Before Dates

Foods with these labels:

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

What It Means:

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, compost the product and recycle the container where possible.



Expiry Dates

Foods with these labels:

Infant formula, meal replacements or nutritional supplements.

What It Means:

The advice is to consume these foods before the expiry date. After this date, the nutritional value is no longer guaranteed.