



MoneySavingExpert.com's

# FOOD EXPIRY DATES GUIDE

## STOP BEING A WASTER!

### Use by date

Use-by means exactly that. Eating nosh beyond that date is risky, even if it looks and smells fine.

#### Typical foods?

Perishable foods, such as dairy, meat, fish and chilled meals.

#### What to do?

**BIN IT!**

### Best before date

Best-before labels usually have nothing to do with safety, they're just the manufacturer's view of when they're at optimum quality.

#### Typical foods?

Longer-lasting foods, eg, frozen meals, tins, sugar, pasta, breakfast cereals and dried lentils.

#### What to do?

There's no need to chuck food just because it's past the best-before. You can often eat it after this – use taste and sight – the only downside's the food may lose some flavour and texture. The further the best-before date was when bought, the longer food's likely to keep after it.

### Display-until & Sell-by

These dates simply aren't instructions for consumers (though they may get you a reduction in store). They're for shop staff to tell them when they should take a product off the shelves. Check the use-by and best-before dates instead.

#### Typical foods?

Any fresh produce.

#### What to do?

**IGNORE!**

### A special note on Eggs

Even if eggs have a best-before date, do not eat them after this date, as they contain salmonella bacteria, which could start to breed.

