

Dates cleared up

Many people find the concepts of dates on food extremely confusing. Below is some information that should clear up the myths around food dates and reduce food waste in your home.

Use by: A use by date is put in place because of food safety. If you consume a food after the use by date, you run the risk of contracting food poisoning. The food can be eaten and frozen up until the use by date but must not be consumed after. If you feel as though you’re not going to have time to eat the food, make sure you freeze it and consume it using the strict instruction on the packaging. One way of avoiding this is to plan your meals ahead, ensuring you cook the foods in the order of the dates they go off.

Best before: A best before date means the food is at its best quality until this date but thereafter it is still safe to eat.

Display until: Is only for use by the staff at the supermarket for stock rotation. Food bought on or after this date is still safe to consume and using your senses e.g. sight and smell will usually inform you as to whether or not it is ok to consume.