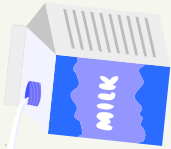




Best-Before VS. Expiry Date

Take a look at your food packaging - chances are, there is a date on there. Date labels, like best-before and expiry dates, can be confusing if you don't understand the difference.

- Love Food Hate Waste Canada



What's the Difference?



A **Best Before Date** (BB) indicates the estimated amount of time that a properly stored and unopened package will retain its freshness, taste, or nutritional value.

The **Expiry Date** is required on certain foods that have strict nutrition specifications. There are only 5 types of food that have **Expiry Dates** in Canada: formulated liquid diets; pharmacist-sold food for low-energy diets; meal replacements; nutritional supplements; human milk substitutes (infant formula).

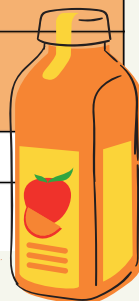
Source: Second Harvest



ITEMS

CONSUME BY

Perishable fresh fruits and vegetables	No visible rot, mold, or bio-degrading smell
Shelf stable canned fruits and vegetables, pickles, sauces, or pastes	1 year past BB
Perishable milk (including dairy alternatives), butter, yogurt, cheese, eggs, ice cream, sour cream	2 weeks past BB; if frozen, 2-3 months past BB
Shelf stable evaporated, powdered, or milk alternatives	1 year past BB
Shelf stable baby formula	Expiry date
Raw meat and fish	BB; if frozen, beef, lamb, pork, whole poultry: 1 year past BB; poultry pieces: 5 months past BB; ground meat: 2-3 months past BB; fish: 2-6 months past BB
Cooked luncheon meats, tofu, eggs	1 week past BB
Shelf stable canned meat, fish, beans, chickpeas, nuts, nut butter, seeds, spam	1 year past BB
Perishable bread, buns, bagels, pitas, tortillas, flat bread, na'an, matzah	No visible rot, mold, or bio-degrading smell
Dry, shelf stable cereal, crackers, flour, oats, pasta, rice, quinoa, meals or sides, energy bars	1 year past BB
Meal replacement or supplement bars	Expiry date
Perishable cakes, cookies, pies, danishes, chocolate, pudding	72 hours past BB; if frozen, 1 month past BB
Shelf stable cookies, chips, popcorn, bagged snacks, snack cakes, granola bars	1 year past BB
Pre-cooked or ready-to-eat meals; deli salads, pizza, sandwiches	72 hours past BB; if frozen, 1 month past BB
Frozen dinners, microwave meals	1 year past BB
Shelf stable canned soups, stews, meals	1 year past BB
Shelf stable baby food	1 year past BB
Frozen sauces, gravies	3 months past BB
Shelf stable mustard, relish, ketchup, jam, margarine, mayonnaise, oil, salad dressing, vinegars, spices, sauces, toppings	1 year past BB
Juice, water, coconut water	3-6 months past BB
Other drinks; coffee, tea, sport or energy drinks, crystals	3-6 months past BB





Food Storage Tips

WHERE YOU STORE FOOD IN YOUR FRIDGE MATTERS

DELI DRAWER
Cheese, deli meats

DOOR IS THE WARMEST PART OF FRIDGE

SET HUMIDITY LEVEL
The adjustable levers on the crisper drawers change humidity levels. If your fridge has these, set one to high humidity (closed, less air coming in) and one to low (open, more air coming in).

COLDEST PART OF FRIDGE

TEMPERATURE
Set your fridge at 4°C or lower

TOP SHELF
Leftovers, drinks, ready-to-eat foods, berries, herbs

MIDDLE SHELVES
Milk, eggs, dairy

BOTTOM SHELF
Raw meat, poultry, and seafood
TIP: Store in trays or sealed containers to prevent drips from contaminating the food below.

CONTROL THE RIPENING PROCESS
Some produce gives off a gas called ethylene that speeds ripening. To keep foods longer, separate foods that create ethylene from the foods that are damaged by it. Keep ethylene-producing fruits and veggies in a loosely tied bag, away from already-ripe produce. **High Ethylene Producers:** apples, bananas, kiwis, tomatoes, avocados

SOME PARTS OF YOUR FRIDGE ARE WARMER THAN OTHERS

HIGH HUMIDITY DRAWER
Put most veggies, particularly those that might wilt, in the high humidity drawer. Carrots, leafy greens, broccoli, asparagus, cabbage, cauliflower, cucumber, green beans, lettuce, spinach, peppers

LOW HUMIDITY DRAWER
Put fruits in the low humidity drawer, along with vegetables that have a tendency to break down and rot. Apples, pears, grapes, mushrooms, melons, peaches, papayas, mangoes, oranges, lemons

KEEP YOUR FOOD FRESH BY KNOWING YOUR FRIDGE STORAGE BASICS