

# EVERYTHING YOU NEED TO KNOW ABOUT EXPIRY DATES

Knowing the difference between use by and best before will save you food and money



Always follow the storage instructions on the package. Please take extra care if you are pregnant, sick or elderly, or if feeding the food to a young child.

To learn more visit [lovefoodhatewaste.co.nz](http://lovefoodhatewaste.co.nz)



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## FREQUENTLY ASKED QUESTIONS

### Can I eat meat after its use by date if it has been frozen?

Meat is fine to eat after its use by date, but only if it was frozen before the date. Defrost and cook it within 24 hours.

### Is it safe to eat eggs after their best before date?

In New Zealand eggs are safe to eat after their best before date, but you need to keep them cool to keep them fresher for longer.

### What about yoghurt?

Dairy products have a best before date, which means they can safely be eaten after their date. Always use your senses to check it – if anything seems a bit off then don't eat it. Sometimes yoghurt can get a bit watery. This liquid is the whey separating from the rest of the yoghurt. It is safe to eat – just mix it back into the yoghurt.

### Does tinned food last forever?

No – but it can last for many, many years, which is why it is good to have a stash in case of an emergency. If a tin has a deep dent or opening then it should be discarded as bacteria may have been able to enter it.

### Why is there a best before date on my packet of biscuits?

Any food with a shelf life of less than two years is required to have a best before date on it. Chances are your biscuits (or other packaged item) will still be good to eat long after this date.



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