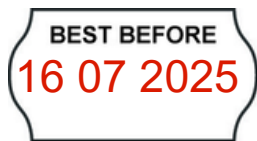




Food Dates Marks help guide us to how long food can be kept before it begins to deteriorate or become unsafe to eat

Best-Before

Tells us **Food Quality**



Can be eaten safely past date, but may no longer be the best quality



Use-By

Tells us **Food Safety**



Food **should not be eaten** after date as they pose a health risk



Baked On

Tells us when **Food was Baked**

Typically pastry or bread & usually **good for couple days**



No date?

Tells us **Long Shelf Life**

Uncertain expiry typically found on canned goods, will **keep for awhile**



Choose Food Safely

- ✓ Always check dates
- ✓ Avoid broken, dented, swollen or leaking packing
- ✓ Once opened, follow packaging instructions for storage
- ✓ Store chilled purchased items as soon as possible
- ✓ Never buy a product if you are unsure about its quality or safety