



**SEEDS OF
CHANGE
SURREY**
GOOD, HEALTHY FOOD
FOR EVERYONE

FOOD FACTS: Best Before and Expiry Dates

Understanding food labels can be confusing and lead to food waste. Did you know that neither Best Before dates nor Expiry dates on food labels are about food safety?

Best Before (BB) date

This is about overall quality. When stored properly, an unopened product will keep its wholesomeness, flavour, nutritional value and more until the “Best Before” date.

Expiry date

This is about the nutritional quality of a small set of foods. Expiry date is a company’s promise that, when stored properly, an unopened product will contain the nutritional content shown on the label at least until the specified date.

So, when is food still safe to eat?



PERISHABLE FRESH FRUITS AND VEGETABLES



No visible rot, mold or bio-degrading smell



PERISHABLE MILK (INCLUDING DAIRY ALTERNATIVES), BUTTER, YOGURT, CHEESE, EGGS, ICE CREAM AND SOUR CREAM



2 weeks past BB
IF FROZEN: 2-3 months past BB



RAW MEAT AND FISH

BB
IF FROZEN: Beef, lamb, pork, whole poultry: 1 year past BB
Poultry pieces: 6 months past BB
Ground meat: 2-3 months past BB
Fish: 2-6 months past BB



COOKED LUNCHEON MEATS



1 week past BB



PERISHABLE BREAD, BUNS, BAGELS, PITAS, TORTILLAS, FLAT BREAD, NA'AN, MATZAH



No visible rot, mold, or bio-degrading smell



PERISHABLE CAKES, COOKIES, PIES, DANISHES, CHOCOLATE, PUDDING



72 hours past BB
IF FROZEN: 1 month past BB

Seeds of Change is a collaborative leadership team that works together to increase food security across Surrey. Learn more at surreywhiterockfoodactioncoalition.ca/seeds-of-change



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