

# What is the story with all these dates??

Did you ever wonder about the difference between 'use by dates' and 'sell by dates'? And what about 'best before dates'? Well here are your answers!

## Use by dates - A Deadline!

This is a key date for food safety - food should be eaten by this date. 'Use by' appears on **fresh food that goes off** such as fish, meat, salads and dairy products. Food should not be used past this date unless it has been frozen.

## Best Before dates - A Guideline!

This appears on a wide range of **longer lasting foods** such as tinned, dried and frozen foods. Food is in its best condition up to this date - it should be safe to eat after this date, but it may begin to lose its flavour and texture.

## Sell by and Display until dates....

These are used by shops for **internal stock control** and are of no interest to the householder. They are used by shops to know for how long they can keep produce on display and when to remove the produce from their shelves by this date. The food is often still perfect to eat for a number of days after this date.

So, always keep an eye on your 'use by dates'. However, remember that food is not like Cinderella - it doesn't go off on the stroke of midnight!



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