

# Best-Before Guidelines

## Food type

## Don't give out if....

	DAIRY	Fresh milk	3 days or more after 'best-before date'
		Yogurt, sour cream, cottage cheese, cream	2 weeks or more after 'best-before date'
		Eggs	2 weeks or more after 'best-before date'
		Soft cheese: brie, camembert	2 weeks or more after 'best-before date'
		Mayonnaise, hollandaise and tartare sauce	1 month or more after 'best-before date'
	MEAT	Fresh meat - not chicken or shellfish	After 'best-before' date. Only give on 'best-before date' if meat is to be consumed on that day.
		Fresh meat - chicken or shellfish	We recommend you DISCARD IMMEDIATELY
		Cured meat - bacon, salami etc.	After 'best-before' date. Only give on 'best-before date' if meat is to be consumed on that day.
	BREAD	Fresh bread	2 or more days after 'best-before' date
		Packaged breads	10 days or more after 'best-before' date
	DRINKS	Smoothies	2 days or more after 'best-before' date
		Juices	1 week or more after 'best-before' date
		Fizzy drinks	6 months or more after 'best-before' date
	READY MEALS	Salads (bags and pottles)	Don't distribute after 'best-before' date
		Single serve microwave meals/bulk prepared meals	On or after 'best-before' date
		Fresh pies, pizzas and quiches	3 days after 'best-before' date
		Fresh soups (plastic pouches)	2 weeks or more after 'best-before' date
		Tofu	1 week or more after 'best-before' date
	OTHER	Dips (including hummus)	1 week on or more after 'best-before' date
		Packaged chips, biscuits and crackers	1 month or after 'best-before' date
		Chocolate and sweets	2 months or more after 'best-before' date
		Dried nuts and fruits	3 months or more after 'best-before' date
		Packaged cereals and muesli bar	6 months or more after 'best-before' date
		Spreads and chutneys	6 months or more after 'best-before' date
		Canned goods	1 year or more after 'best-before' date
		Dried bulk goods (flour, sugar, oats etc.)	1 year or more after 'best-before' date

These are **guidelines only** as referenced by international website [www.eatbydate.com](http://www.eatbydate.com) and in consultation with AFRA members and MPI. You should always question any food past its best-before date before re-distributing back out into the community.