



Do you know the difference between a best before and expiry date?

Best Before Date:

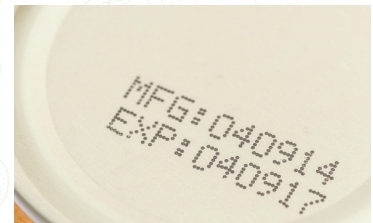
A best before date tells you when food is at its best if the packaging isn't opened and it's properly stored. It is safe to consume food after a best before date for a certain length of time. (See the chart on the other side for details.)



BB = Best Before Date

Expiry Date:






Food should never be eaten or shared after its expiry date. A product that passes its expiry date may not be providing the nutrients that are listed on the label. Past expiry could mean more than just not providing nutrients but could also pose a health risk.



EXP = Expiry Date
MFG = Manufacturing Date

The Mississauga Food Bank follows **Food Bank Canada's guidelines** for distribution of food. Please refer to the other side of this postcard to learn more about when different foods are safe to consume after their Best Before date.

How long is food safe to eat after its **Best Before** date?

	Refrigerated	Frozen	Canned
Meat, Poultry & Seafood 	<ul style="list-style-type: none"> ✓ Whole pieces: 3-4 days ✓ Ground: 1-2 days ✓ Seafood/Fish: 1-2 days 	<ul style="list-style-type: none"> ✓ Meat: 6 months ✓ Whole poultry: 12 months ✓ Fish: 2- 6 months ✓ Ground meat: 2-3 months 	<ul style="list-style-type: none"> ✓ 1-2 years after best before
Milk & Non-Dairy Alternatives 	<ul style="list-style-type: none"> ✓ If refrigeration needed: 1-2 days 	<ul style="list-style-type: none"> ✓ If frozen: 6 months 	<ul style="list-style-type: none"> ✓ 1 year
Bread and Bakery 	<ul style="list-style-type: none"> ✓ 2 weeks 	<ul style="list-style-type: none"> ✓ 3 months 	<ul style="list-style-type: none"> ✓ N/A
Canned and General Grocery 	<ul style="list-style-type: none"> ✓ N/A 	<ul style="list-style-type: none"> ✓ N/A 	<ul style="list-style-type: none"> ✓ 1-2 years
Packaged Grains 	<ul style="list-style-type: none"> ✓ N/A 	<ul style="list-style-type: none"> ✓ N/A 	<ul style="list-style-type: none"> ✓ 6-12 months boxed or bagged
Baby Formula & Nutritional Supplements	Do not use past the expiry date.		

For more information, visit www.foodbankscanada.ca