

# Save money on food

## Best before date vs. Expiration date

### Best before (check food before use)

A best before date tells you how long a properly stored unopened food product will keep its:

- freshness
- taste
- nutritional value
- any other qualities claimed by the manufacturer

After the date, the above qualities will start to diminish.

If the unopened product has been properly handled, it should maintain its quality until this date.

Best before dates provide information about the freshness and potential shelf-life of the foods you are buying, they do not tell you whether or not a product is safe to eat.

### Expiration date (do not use)

Expiration dates are required only on certain foods that have strict requirements which might not be met after the expiration date.

After the expiration date, the food may not have the same nutrient content as declared on the label.

Expiration dates must be used on the following products:

- formulated liquid diets
- foods represented for use in a very low-energy diet
- meal replacements
- nutritional supplements
- human milk substitutes (infant formula)

## Is this still good to eat?

### Signs food has gone bad

Sometimes you need to use all your senses to make an educated decision on your food. Carefully inspect the item with your eyes, do you see mold or discoloration?

Smell the item, does it smell different than what it normally does?

Are there any signs of bulging or dents in cans?

Touch the food item, is it slimy or mushy?

There is a myth that you can just cut mold away from cheese but that is not true if you see mold on the outside then the spores you can't see are still there and deep within. The same goes for bread.

Meat, seafood and poultry:

- slime
- discoloration
- bad smell

Dairy products:

- green or black mold
- strong smell
- curdling (chunks when there shouldn't be)

Fruits and vegetables:

- mold
- soft and mushy consistency
- bad smell

Baked goods:

- white or green mold