

Your guide to date labels

BEST BEFORE

These dates refer to quality rather than food safety. Foods with a 'best before' date should be safe to eat after the 'best before' date, but they may no longer be at their best.



BEST BEFORE
04 MAR

USE-BY

These dates refer to safety. Food can be eaten up to the end of this date but not after even if it looks and smells fine. Always follow the storage instructions on packs.

USE BY: 25 OCT



DISPLAY UNTIL:
03 FEB

DISPLAY UNTIL & SELL BY

You can ignore these dates as they are for shop staff not for shoppers.

DID YOU KNOW?

To extend the life of food beyond its date, freeze it before the date and defrost and use within 24 hours.

Providing eggs are cooked thoroughly, they can be eaten a day or two after their 'best before' date.

USE BY: 11 MAR



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