

## PAY ATTENTION TO DATE STAMP MARKINGS

**‘BEST BEFORE’** date means that the food quality (taste, colour and texture) is best when consumed before the date listed. For example, breads, biscuits, canned foods and cereals are best eaten before the best before date but will cause no harm if eaten after the date if stored properly.

**‘USE BY DATE’.** Food must be consumed by the date or thrown out if the date has passed. For example, meat, chicken, fish and deli products.

**‘BAKED ON’** date means that the food needs to be eaten within 7 days or before it becomes mouldy.

