

# Best Before Vs. Expiry Dates



It is important to note that a best-before date is not the same as an expiration date.



## Best-before date

A “best-before” date tells you the anticipated amount of time that an unopened food product, when stored under appropriate conditions, will retain its:

- freshness,
- taste,
- nutritional value



Best-before dates do not guarantee product safety. However, they do give you information about the freshness and potential shelf-life of the unopened foods you are buying.



## Expiration date



Expiration dates are only required on 4 types of food:

- infant formulas
- meal replacement
- formulated liquid diets (used for oral or tube feeding)
- nutritional supplements.

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

Food should not be bought, sold or eaten if the expiration date has passed. It should be discarded.