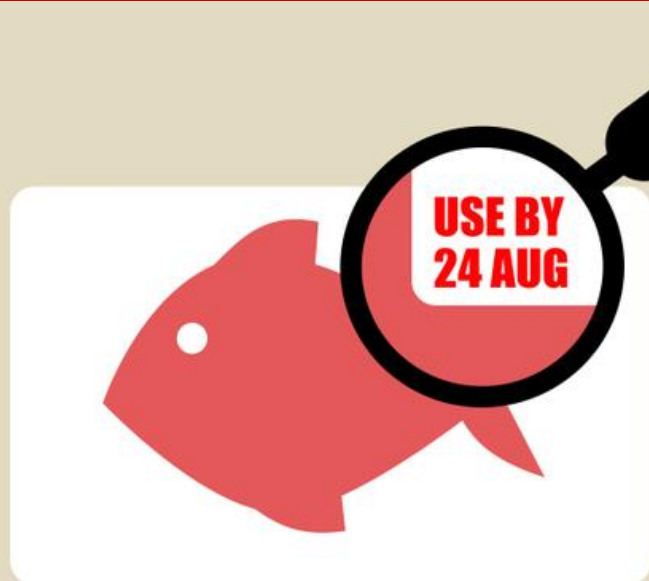


Food Storage: Expiration dates



USE BY

you've got until the end of this date to use or freeze the food before it becomes too risky to eat

vs.



BEST BEFORE

you can eat food past this date but it might not be at its best quality

Food with a USE-BY-DATE shouldn't be consumed after that date. Food with a BEST-BEFORE-DATE is used for shelf-stable foods e.g. biscuits, flour.

DO NOT USE FOOD

PAST ITS USE-BY-DATE OR BEST-BEFORE-DATE

IN FACILITIES SERVING VULNERABLE PEOPLE

A product will remain fresh and of good quality right up to the 'best before' date if it is properly stored, both by the supplier and at home.

Foods that should not be consumed after a certain date for health and safety reasons, such as a ready-to-eat foods e.g. chilled lasagne, must have a 'use-by' date by law.

Ensure all opened food items & drinks are date labelled to indicate the date opened and use-by-date for effective stock rotation.

All refrigerated and frozen food items must be labelled accordingly.

It may still be safe for healthy people to eat food after the 'best before' date, however they may have lost quality and some nutritional value.

All packaged foods with a shelf life of less than two years must have a use-by or 'best before' date on the box, wrapper or bottle. This date gives you an idea of how long the food will last before it loses quality.

Storage Times

A guide to storage time, refer to your Food Safety Program.

Cooked roast (refrigerated)	Maximum 48 hours
‘Opened’ meats (refrigerated)	Maximum 48 hours
Cooked meals/desserts (refrigerated/frozen)	Maximum 2 days
Soup (frozen)	Maximum 1 month
Vegetables (frozen)	Refer use by date
Vegetables (fresh)	Maximum 6 days
Fresh Meat (frozen)	Maximum 2 months
Fresh Meat / Fish (refrigerated)	Maximum 3 days
Bread	Maximum 3 days
Cakes, biscuits, bread (frozen)	Maximum 3 months
Dairy Products (refrigerated/frozen)	Maximum use by date
Salads/sandwiches (refrigerated)	Maximum 1 day
Other products	Refer use by date



Do you need further Food Safety information?

This information was provided by Sarah Friedrich, OSCAR Care Group Auditor & Food Safety Trainer. Please call or email Sarah via our contact details below.



AUDITING



DIETETICS



FOOD SAFETY



OPERATIONAL
SUPPORT



SPEECH
PATHOLOGY



TRAINING