

Public Service Announcement

"Best before" versus "expiry" dates

Start Date: June 3, 2016 **End Date:** June 30, 2016

Nunavut 60 sec

Do you know the difference between "best before" and "expiry" dates on food labels?

"Best before" dates indicate how long a food will keep its quality and nutritional value when left unopened. It refers to quality, not safety. It's often safe to eat food past the "best before" date.

"Expiry" dates are only found on infant formulas, nutritional supplements, meal replacements and medications. Do not consume these items after their expiry date; throw them out.

How do you know if food could make you sick? It is important to examine all food before eating. Even if food looks and smells normal and it is before the "best before" date, there is a risk that it could make you sick if it has not been handled or stored properly. When in doubt, throw it out, and do not eat any foods that:

- have mould
- smell or taste bad
- have not been stored properly, such as milk that has been left out of the fridge for longer than two hours
- is kept in a swollen or dented can
- is stored in a broken vacuum seal jar (it doesn't "pop" when opened)

For more food tips, go to: http://www.livehealthy.gov.nu.ca/en/nigit/food-safety.

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