

Understanding expiration dates

To reduce food waste

What is an expiration date?

Also known as the expiry date, it is the date that follows the "Best before" on food packaging.

This date indicates how long a food can be kept without its taste, texture, or smell being affected, provided it's stored properly.

The expiration date does not mean that the product is good only until that date and must be thrown out afterward. In fact, it's important to know that:

- Many foods can be consumed after their expiration date.
- Once the package has been opened, the expiration date no longer applies.
- The expiration date is not foolproof. A food may no longer be edible before reaching its expiration date.

What is the "use by" date?

The term "use by" appears on commercial infant formulas, supplements, and meal replacements. Once this date has passed, the product must be discarded.

Notice: This tool is intended for informational purposes. It does not replace the advice of a health professional. If you have any doubts or are experiencing serious difficulties, consult a health professional without delay.

If you're unsure
whether a food is
fresh, don't eat it.



How do you read expiration dates?

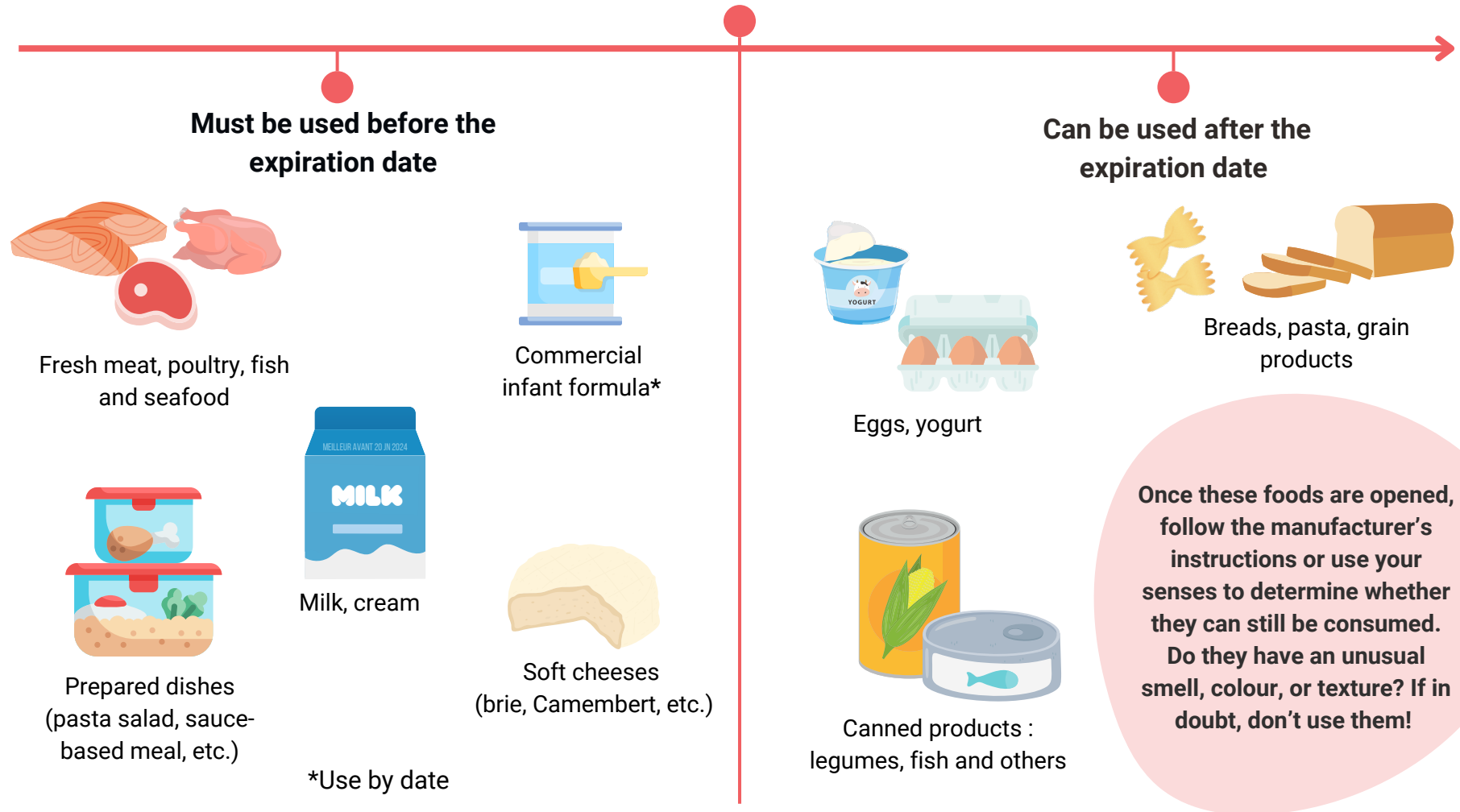
In Canada, the expiration date is always written the same way: Year, month, day

MEILLEUR AVANT
2024 MR 21
BEST BEFORE

Understanding expiration dates

When should the expiration date be respected?

Date de péremption



For more tools, go to www.centrealima.ca

