Dates on food

Use by = safety

Best before = quality

1. Use by: don’t eat it after this date, even if it looks and smells fine
2. You can freeze food up to its use-by date
3. Best before: food is still safe after this date if stored well
4. Display until or sell by: for shops. You can ignore it.

Tip Check the use-by dates in your fridge every few days.