



FOODGUARD

NOT SURE IF A PRODUCT IS STILL GOOD?

Trust your senses:

- 1. OBSERVE IT**
- 2. SMELL IT**
- 3. TASTE IT**

Only do this if the food looks and smells normal, and the packaging is undamaged!

Check if the packaging is intact.
Look for signs of mould, insects,
damage or fermentation



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BEST BEFORE AND EXPIRY DATE

What's the difference?

EXPIRY DATE

This is the date by which a food must be consumed. After the expiry date, the product may pose health risks.

DON'T EAT IT!

BEST BEFORE

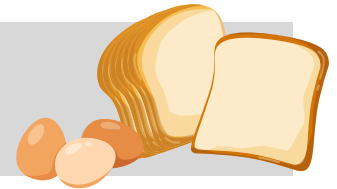
This indicates the date until which the product retains its best quality. After that, it may lose some flavour or texture, but it is still safe to eat.

DON'T THROW IT AWAY!

BEST BEFORE
18/11/2026

HOW LONG DOES A FOOD LAST AFTER "BEST BEFORE" EXPIRES?

Loaf bread and eggs
Up to 7 days



Biscuits and dry snacks, flours, cereals, dry pasta, rice, frozen foods
Up to 1/2 months



Jams, tomato sauce, pickled vegetables
Up to 3/4 months



UHT cow's milk and fruit juices
Up to 6 months



Spices and herbs, sauces such as mayonnaise and ketchup
Up to 6 months



Ground coffee, tea and infusions, oil, tuna, and bottled water
Up to 1 year

