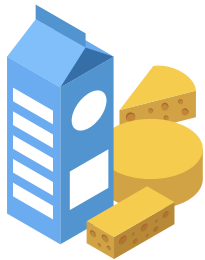


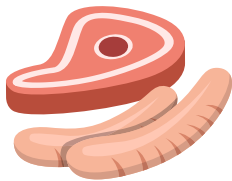
# Food Rescue Best Before Guidelines



## Dairy

**It's ok to donate as long as its:**

Fresh milk	Before 'best-before' date
Yoghurt, sour cream, cottage cheese, cream	Less than 1 week after 'best-before' date
Soft cheese: brie, camembert	Less than 1 week after 'best-before' date
Mayonnaise, hollandaise and tartare sauce	Less than 1 month after 'best-before' date



## Meat

**It's ok to donate as long as its:**

Fresh meat – not chicken or shellfish	Before 'best-before' date
Fresh meat - chicken or shellfish	<b>DISCARD IMMEDIATELY</b>
Cured meat - bacon, salami etc.	Before 'best-before' date
Frozen meat	Frozen before 'best-before' date



## Bread

**It's ok to donate as long as its:**

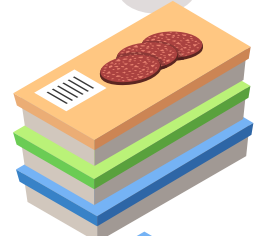
Fresh bread	Before 'best-before' date
Packaged breads	5 days or less after 'best-before' date



## Drinks

**It's ok to donate as long as its:**

Smoothies	Before 'best-before' date
Juices	Before 'best-before' date
Fizzy drinks	6 months or less after 'best-before' date



## Ready Meals

**It's ok to donate as long as its:**

Salads (bags and pottles)	Before 'best-before' date
Microwave meals/bulk prepared meals	Before 'best-before' date
Fresh pies, pizzas and quiches	Before 'best-before' date
Fresh soups (plastic pouches)	Less than 1 week after 'best-before' date



## Other

**It's ok to donate as long as its:**

Eggs	Less than 1 week after 'best-before' date
Tofu	Less than 1 week after 'best-before' date
Dips (including hummus)	Less than 1 week after 'best-before' date
Packaged chips, biscuits and crackers	1 month or less after 'best-before' date
Chocolate and sweets	2 months or less after 'best-before' date
Dried nuts and fruits	3 months or less after 'best-before' date
Packaged cereals and muesli bar	6 months or less after 'best-before' date
Spreads and chutneys	6 months or less after 'best-before' date
Canned goods	1 year or less after 'best-before' date
Dried bulk goods (flour, sugar, oats etc.)	1 year or less after 'best-before' date



## Fresh Fruit and Vegetables

A good question to ask is "Would you feed it to your family?"

These are guidelines only as referenced by international website [www.eatbydate.com](http://www.eatbydate.com). If you have any doubt, you should contact your local food rescue organisation for any specific requirements they may have. Contact MFAN at: [food.rescue@enm.org.nz](mailto:food.rescue@enm.org.nz)



Manawatū Food  
Action Network