



# Label Sort

Match the food label to the correct definition

Use by

Best before

Display until

Consume within 3 days of opening

Keep refrigerated once opened

These dates are about quality not safety. This food will taste it's best before the date shown. Eating it after this date will not mean you will get ill but the flavour might not be as good. These dates appear on a wide range of frozen, dried, tinned and other foods.

These dates are seen on food that goes off quickly, such as meat products and ready prepared salads. Don't use any food or drink after the end of the date on the label, even if it looks and smells fine. Eating food after this date could put your health at risk.

This label means that once you have removed the packaging and exposed the food to the air it should be refrigerated so to stop microbes growing.

Shops often use these dates on their shelves, mainly for stock purposes. These are not required by law and are instructions for shop staff, NOT for shoppers.

This label means that food should be eaten within the amount of days it says on the packaging. After this date the food may not be safe to eat.

