

Is that food safe?

cook well
eat well

Food safety top tips

Try these 5 simple tips to keep your food safe.

1. Wash your hands and make sure you have clean cooking surfaces
2. Store foods safely in the fridge or freezer
3. Separate cooked and raw foods
4. Do not use food after the 'use by date'
5. Cook food thoroughly, especially meat, seafood, eggs and poultry.

Understanding dates on food



Use by

Food safety

Eat or freeze the food before the "Use by" date. It is not safe to eat these foods after this date.



Best before

Food quality

It is best to eat foods before the "best before" date. It might still be safe to eat if it has been properly stored, but it might not be at its best quality.