

Safety Advice on Food Labels



Food safety at your fingertips

How to stay safe preparing food with safety advice labels



Storage instructions

The Use By date marking will only work if you follow the storage instructions such as keep refrigerated under 4°C, keep frozen under minus 15°C or 'store in a cool dry place'.



Cooking instructions

Follow the manufacturer's cooking instructions on the packaging as they know exactly how to cook the product safely. Make sure you follow the instructions depending on how you will cook the food, whether in the oven, in a microwave or, increasingly, in an airfryer.



Use by dates mean just that

Use or freeze the food by that date. Put your most recent food purchases at the back of the pantry or fridge so you use the oldest product first.

Best before dates mean the food will be best before that date but can be eaten after that although it may have lost some nutrition or quality.

What if there's no date? Some very long-life foods, such as cans, may not have a date mark as it is assumed you'll have eaten it by then. But check cans for any swelling, dents or rusting and discard them.



LOOK BEFORE YOU COOK

Australian Food Safety Week
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The Food Safety Information Council is Australia's leading disseminator of consumer-targeted food safety information and a health promotion charity. For more information see www.foodsafety.asn.au



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