



CATEGORIES														
Time Frame Past Best Before	Fruit / Vegetables	Fruit / Vegetable Juices	Bread	Grains & Cereals	Meat uncooked	Meat cooked	Deli Meats	Dairy-Pasteurized	Dairy-Sterilized	Fats	Combination Foods	Soups/Stews	Non-Food	Infant Formula and Nutritional Supplements
Categories Explained														
Product Descriptions	Fresh Produce	Juices and Drinks-Tetra Pak, Bottled (Not requiring refrigeration prior to opening)	Loaves, Rolls, Bagels, Muffins	Granola, Flours, Rices, Dry Pastas, Cookies, Crackers	Packaged and Bulk	Examples: Prepared Food from Food Service Providers. Canned Tuna, Salmon	Deli Meats, Sausages	Milk (Fresh, Powdered, Canned)	Tetra-Pak Milk (UHT)	Butter, Margarine	May contain Popcorn, Condiments, Tomato Sauces, Canned Pastas, Cooking Oils	Soups, Stews, Gravies. Could be Food Service Packaged or in Larger Quantities	Laundry Detergent, Mixed Product Pallets, Body Washes, Deodorants, Diapers, Infant Wipes	Note: These products do not contain Best Before Dates, only Expiry Dates
Room Temperature	Fresh 2-7 days	1 Month (Tetra Pak)	1 Week	NA	less than 2 hours	less than 2 hours	less than 2 hours	< 2 hours (after open)	< 2 hours (after open)	1 Week	NA	less than 2 hours	NA	Do Not Distribute Past Expiry Date
Refrigerated	Fresh 1-4 Weeks (depending on produce)	3-6 Months (Tetra Pak)	2 Week	NA	3-4 Days	Fish and Shellfish 1-2 days other 3 Days	5-7 days	2 Weeks (after open/reconstituted)	2 Weeks (after open/reconstituted)	3 Months	NA	2-3 Days	NA	
Frozen	1 Year	1 Year	1 Month	NA	beef, lamb pork, veal, whole poultry 12 months, poultry pieces 6 months, ground meat 2-3 months, fish 2-6 Months, and shellfish 2-4 months	beef, lamb pork, veal, 3 months whole poultry 2 months, food mixtures 3 months	2-3 months	6 months	NA	6 Months	3 Months	3 Months	NA	
Canned/Jarred	1 Year	1 Year	NA	NA	NA	1 Year	1 Year	1 Year	NA	NA	1 Year	1 Year	1 Year	
Boxed/Bagged	NA	NA	1 Week	6-12 Months	NA	NA	NA	Varies*	6 months	NA	6 Months	1 Year	1 Year	

***Milk powder** Temperature is a critical quality factor for milk powder. Keep milk powder cool.

Best Before Date- This gives consumers information as to when the product is at its best - with sensory qualities as acceptable as the day it was made when stored under appropriate conditions and packaging is intact. Best Before dates indicate the shelf life of foods. They are not indicators of food safety.

Expiry Date- Tells consumers that the product may not be providing them with the nutrients expected of the product and they should no longer consume it after that date.

Products with Expiry Dates must never be shared past the date on the packaging.

Products Include -**Infant Formula** (Canned or Boxed, Liquid or Powdered), **Baby Foods** (Canned or Boxed, Liquid or Powdered), **Nutritional Supplements and Meal Replacements** (Canned, Boxed, or Ready to Use, Liquid or Powdered)

Food Products and their ability to be shared should always be based on:

- 1) Ensuring the product has been handled safely (ie. Chilled product is kept chilled)
- 2) Assessing all cans for integrity (i.e., dents, creases, etc.) based on Food Banks Canada Safe Food Handling Standards
- 3) That the product is at a level of quality (e.g., taste and smell) that is still worth sharing
- 4) That the Manufacturer's Branding will not be compromised if the product is shared

Note This information is to be used as a guide only. It was developed based on general knowledge, industry practices and the understanding that best before dates are about sensory quality.

For reference: Canadian Food Inspection Agency, Date Labelling on Pre-packaged Foods, Date Modified: 2013-07-07, Available at:

<http://www.inspection.gc.ca/food/information-for-consumers/fact-sheets/labelling-food-packaging-and-storage/date/eng/1332357469487/1332357545633>.

M.A. Freitas, J.C. Costa, Shelf life determination using sensory evaluation scores: A general Weibull modeling approach, Computers & Industrial Engineering, Vol. 51, No. 4, 2006, pp. 652-670.

A. Giménez, F. Ares, G. Ares, Sensory shelf-life estimation: A review of current methodological approaches, Food Research International, Vol. 49, No 1, 2012, pp. 311-325.

S. Guerra, C. Lagazio, L. Manzocco, et al., Risks and pitfalls of sensory data analysis for shelf life prediction: Data simulation applied to the case of coffee, Food Science and Technology, Vol. 41, No. 10, 2008, pp. 2070-2078.

Utah State University Cooperative Extension Service, Food Storage: Dried Milk, Available at: <http://extension.usu.edu/foodstorage/htm/dried-milk>

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