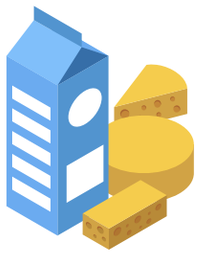
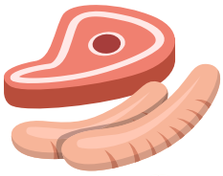
Food Rescue Best Before Guidelines



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	**DISCARD IMMEDIATELY**
Cured meat - bacon, salami etc.	Before 'best-before' date
Frozen meat	Frozen before 'best-before' date



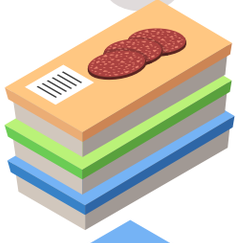
Bread

	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. 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**

mfan Manawatū Food Action Network

www.manawatufoodrescue.org.nz