

FOOD SAFETY



Foodbank WA operates in accordance with the Food Standards Australia New Zealand (FSANZ) Code.

Food can be legally sold or given away after its Best Before date, which is why we play such a pivotal role in rescuing and redirecting quality food. Suppliers also have the ability to issue a Best Before 'code extension notice' where food is still safe to consume.

For more information visit foodstandards.gov.au

Most foods have a "Best Before" date for quality and a "Use By" or "Expiry" date for safety.

We have strict controls around food safety. We only accept donations before the use by/expiry dates and distribute them immediately.

Use By and Expiry date

- » Critical date marker showing when a food must be consumed by
- » Applied to highly-perishable items like meals, meat, dairy, cooked food
- » Food beyond its 'Use By' date might contain harmful bacteria and unsafe to eat
- » It's unsafe to keep or eat food that has passed it's 'Use By' date, even if it seems ok

Best Before date

'Best Before' dates are about food quality, not safety. If food has passed its 'best before' date, it does not mean it is unsafe, but it might lose its colour, flavour or texture.

- » It is not dangerous to eat food passed its 'best before' date
- » Often found on canned foods, packaged products, long-life items, produce and pasta
- » Food will typically be ok to eat for 6 to 12 months after the 'best before' date

As a guide we recommend you consume items within these periods of the Best Before dates. We are able to distribute items within these periods.

- » **1 week:** fresh juice
- » **2 weeks:** thickened cream, yoghurt, dips, dairy desserts, eggs
- » **4 weeks:** sour cream, soft cream, soft cheese
- » **3 months:** frozen raw mince, frozen seafood, UHT and plant based milks
- » **4 months:** butter, margarine, hard cheese
- » **6 months:** ready made meals, cooked protein, all other frozen products, soft drinks, canned meals, salad dressing, spreads, pet care (dry)
- » **12 months:** all other raw frozen meat (excluding mince), frozen vegetables, chips, cereals, museli bars, dry cookies, water, coffee, tea, Milo, flour, sugar, salt, herbs, powdered soups/meal bases, oils, pasta, rice, pet care (wet), personal care, household care products

Defrosting frozen items

Frozen items should be defrosted in your fridge or microwave and cooked on the same day it is defrosted.

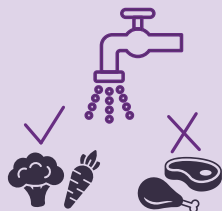


FOOD SAFETY TIPS



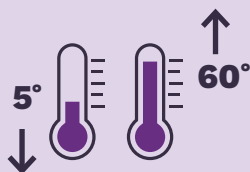
Tip 1

Wash your hands for 20 seconds with soap before cooking and after you touch your hair, nose, eyes, raw food, smoking, or after using the toilet.



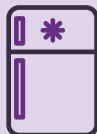
Tip 2

Wash fresh fruit, vegetables and herbs before eating. Don't wash meat, fish, chicken or eggs. Use separate chopping boards for raw meat, seafood and vegetables. Do not use any food if it has passed the 'Use By' date.



Tip 3

Keep food out of the 'temperature danger zone'. Keep frozen food in a freezer below -18C, cold food in a fridge below 5C. Keep hot food above 60C. Defrost food in the fridge or microwave, not on the counter or in water.



Tip 4

When storing hot leftovers, refrigerate them after they have stopped steaming. Only keep it for 2-3 days before freezing or disposing.



Tip 5

Take special care with your high-risk foods. These foods should be stored safely and not eaten after they pass their 'Use By' date.

High risk foods include:

- » Dairy products like milk
- » Raw and cooked meats and seafood
- » Premixed salads
- » Cooked rice and pasta
- » Food containing eggs
- » Ready-to-eat meals like sandwiches, rolls and pizzas

