

## Products with best before date **+360 days**



### Flour

Store in a well-sealed container in a dark, dry place at room temperature.



### Pasta and rice

If uncooked, store in an airtight container in a dark, dry place. Once cooked, can be kept in a sealed container in the fridge for 1 to 2 days. Freeze in portions if cooked.



### Salt, spices, vinegar

Store sealed in a dark, dry place.



### Tea & coffee

Store in a cool place or at room temperature. Store in an airtight container in a dry place out of direct sunlight.



### Chocolate and sweets

Store sealed in a dark, dry place at room temperature. If it has lost some of its flavour but has not gone off, use for baking, for example. **Important:** The white layer is not mould.



### Sugar

Sweeteners, syrup, honey, jam  
Store in a dark, dry place. Always use clean spoons and knives for portioning. For liquids: If unopened, store at room temperature; once opened, store in the fridge.

## Products with best before date **+90 days**

### Frozen products

If pale and stale, use for soups and sauces. Store sealed. After defrosting, leftovers must always be kept in the fridge and consumed within 1 to 2 days.



## Products with best before date **+120 days**



### Breakfast cereals, crackers, rusks

Store in a dry place in an airtight container.



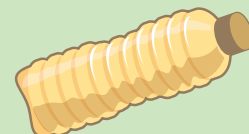
### Unchilled beverages

Soft drinks, mineral water  
Store sealed in a cool, dry place or at room temperature out of direct sunlight. Once opened, store in the fridge and consume within a few days.



### Tinned food (vegetables, meat, fruit)

**Jars** (products preserved in oil)  
**Dry soups & sauces**  
Store sealed in a cool, dry place or at room temperature out of direct sunlight. Once opened, tinned and jarred food must always be stored in the fridge and eaten within a few days.



### Fat, oil

Store in a dark place at room temperature.

## Products with best before date **+6 days**



### Sweet baked goods

pastries, sweets, cake  
Store in a dry place at room temperature out of direct sunlight.



### Pasteurised milk

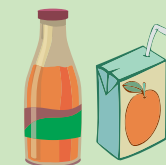
If unopened, store in a cool place  
Once opened, consume within 2 to 3 days.



### Uncooked eggs

Store in a cool place.

## Products with best before date **+30 days**



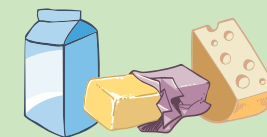
### Cold drinks

Fruit juice, vegetable juice  
Always keep refrigerated.



### Salty snacks

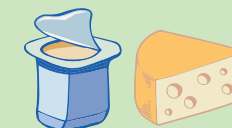
Baked snacks, biscuits, seeds, nuts  
Store in a dry, dark place. Store in a sealed container.



### UHT milk, butter, hard cheese

Store sealed in the fridge. UHT milk can be stored at room temperature before opening; once opened, it must always be stored in a cool place and consumed within a few days.

## Products with best before date **+14 days**



### Curd cheese, yoghurt, fresh/soft cheese

Cheese lasts longer in a block than in slices.



### Cured products for raw consumption

Ham, salami, pepperoni  
If uncut, salami and smoked ham can be kept for several weeks. They do not last as long when sliced.



### Pre-packed baked goods

Store in a dry place at room temperature out of direct sunlight (e.g. bread bin). Bread packed airtight (i.e. in plastic bags) becomes soft and can go mouldy easily.



### Boiled eggs

Store in a cool place.





# Enjoy without risk



How long after the expiration date can I still safely eat a food item?

## Best before date



The best before date (BBD) indicates until when a product will retain its smell, colour or consistency, for example. The BBD therefore doesn't refer to the safety of the food but rather, to the quality characteristics promised by the manufacturer.

## + how many days?

Food often can still be safely consumed for a while after the best before date has passed, as long as it still looks, smells and tastes alright. It may lose some of its original flavour or texture. You can trust your senses when deciding. That is why you will also find 'BBD+' dates in this overview: They indicate for how many days (minimum) after the best before date an item of food can usually be safely consumed if it has been stored correctly. Chocolate, for example, can still be good to eat +360 days after the BBD! All BBD+ dates refer to sealed products in their original packaging. The **BBD+ dates in this flyer are guidelines** based on the ZHAW's scientific baseline report. They are aimed at ensuring that more edible food is eaten instead of being thrown away.

## Use-by date



The use-by date indicates when an item of food should be consumed by. Food with a use-by date must always be kept refrigerated. Previously, all products marked with 'use by' had to be disposed of after the date had passed.



**New rule:** Suitable products (see reverse) may be frozen before the use-by date and re-labelled as frozen products. Such products must be defrosted in the fridge and consumed within 24 hours. They must not be refrozen after thawing.



Frozen fresh products with use-by date

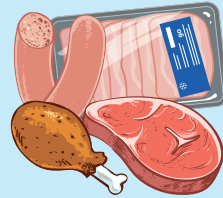
## +90 days if frozen



Food with a 'use-by' date can be frozen and re-labelled as a frozen product, provided there is no sensory alteration due to freezing.

### Fresh meat & cured products for cooking

Cooked sausages, hot dogs



### Grated cheese



### Fish & seafood products



Suitable products can be frozen right up until the use-by date and re-labelled.

For products with a best before date:

## Trust your senses

This is how you determine whether a food item is still edible:



### Look

Check if the product looks different: e.g. noticeable change in colour, mouldy, slimy, stringy, pale, flaky, insects, maggots, larvae.



### Smell

Check if the product smells funny: e.g. mouldy, rotten, rancid, sulphurous, harsh, pungent, alcoholic.



### Taste

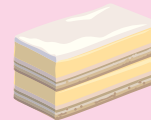
If the product doesn't look or smell any different, eat a bit to check if it still tastes alright. If the food tastes funny or different than usual (e.g. sour, bitter, sharp), it should not be eaten.

Products with use-by date



## +0 days if not frozen

\*e.g. pastries



Food with a use-by date that is not suitable for freezing\* or is not frozen by that date\*\* must be disposed of after the date has passed.

\*\*e.g. unpacked fresh meat



Products with a use-by date may no longer be distributed if they have not been frozen in time.

## Contact



Tischlein deck dich  
Rudolf-Diesel-Strasse 25  
8404 Winterthur  
T 052 224 44 88  
info@tischlein.ch  
www.tischlein.ch



foodwaste.ch  
foodwaste.ch  
Wylerringstrasse 36  
3014 Bern  
T 031 306 17 60  
info@foodwaste.ch  
www.foodwaste.ch

More info:



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