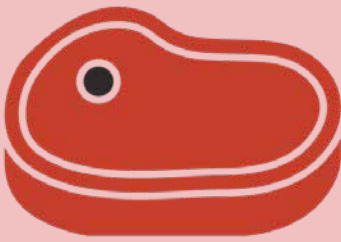
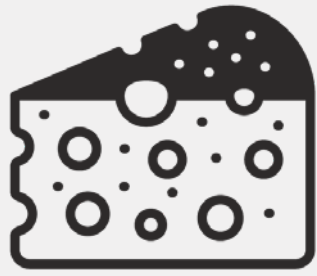


Guidelines for Distributing Food

Near, On or Past the Best Before Date

	PRODUCE	DRINKS	BREADS BAKERY	CEREALS GRAINS CRACKERS	MEAT FISH SEAFOOD	DELI MEATS	PREPARED FOODS	MILK NON-DAIRY	CULTURED DAIRY	CHEESES	FATS OILS	GENERAL GROCERY (SHELF STABLE)
												
PRODUCT DESCRIPTIONS	Whole Fruits Vegetables	Fruit Juices Soft Drinks	Loaves Rolls Bagels Muffins	Flours Rices Pasta Cookies Crackers Cereal bars	Raw/Packaged/Bulk Chicken Fish	Deli Meats Sausages	Prepared Meals Fresh Pasta Cooked Meals Soups & Stews Mixed Salads	Fresh Powdered Canned UHT Soy/Nut	Yogurt Sour Cream	Cottage Cream Soft Hard	Butter Margarine Cooking Oils	Canned Food Sauces Condiments
ROOM TEMPERATURE	Fresh Whole 1 - 7 days	Less than 2 hours (if refrigeration needed)	Up to 1 week	N/A	Less than 2 hours	Less than 2 hours (if refrigeration needed)	Less than 2 hours	Less than 2 hours (if refrigeration needed)	Less than 2 hours	Less than 2 hours	Less than 2 hours (if refrigeration needed)	N/A
REFRIGERATED	Fresh Leafy greens 1 day - 2 months	7 - 10 days Tetra Pak 3 - 6 months	2 weeks	N/A	Whole/pieces - 3 - 4 days Ground - 1 - 2 days Seafood & Fish - 1 - 2 days	Deli Counter - 3 - 5 days Commercially packaged - 7 days	Meal Items - 2 - 3 days Cut Fruits/ Vegetables - 3 - 4 days	2 weeks past Best Before date*	Cultured 1 - 2 weeks	Cottage - 1 - 2 weeks Hard Block - 3 - 6 months Soft Block - 1 - 2 months	1 - 5 months	N/A
FROZEN	1 year	1 year	3 months	N/A	Beef or Pork - 12 months Pieces - 6 months Ground - 2 - 3 months Fish - 2 - 6 months Shellfish - 2 - 4 months	2 - 3 months	4 months	6 months Texture may change	Cultured 1 - 3 months Texture may change	Hard Cheese - 6 - 12 months Soft Cheese 3 - 6 months	6 - 12 months	N/A
CANNED JARRED BOTTLED	N/A	1 year	N/A	N/A	N/A	N/A	N/A	1 year	N/A	N/A	Shelf stable oils 6 - 12 months	1 - 2 years
BOXED BAGGED	N/A	6 - 12 months	Up to 1 week	6 - 12 months	N/A	N/A	N/A	UHT - 6 months Milk Powder - keep cool	N/A	N/A	N/A	6 - 12 months

BEST BEFORE DATES	EXPIRY DATES	USE YOUR SENSES TO DOUBLE CHECK FOOD	NOTES & TIPS
Best before dates inform shoppers about when food is at its best quality. This means it will have the best: - Freshness - Texture - Flavor - Nutritional value Best Before dates are not indicators of food safety. Best before dates apply to unopened products. Once opened, a food product's quality may start to decline earlier than what is labelled. Best Before refers to food quality. A Best Before date looks like this: BB/MA 2025 FE 11	<i>Only 5 food products have expiry dates.</i> These 5 foods are: - All baby formulas (not baby food) - Meal Replacements and food supplements, such as meals, bars and shakes - Formulated liquid diets, such as high calorie, high protein drinks for special diets - Nutritional supplements, such as drinks, pills or bars - Medications and foods for low-calorie diets After an expiry date, foods lose nutrient value. Expiry dates are indicators of food safety. An Expiry date looks like this: EX 2025 MR1	 AVOID FOOD WASTE! For example: use foods that may smell slightly 'sour' (such as dairy) in recipes such as in pancakes.	Food quality is affected by proper handling, storage and temperature. Any food can be unsafe if not properly handled or stored. Food Rescue follows food handling and safety protocols. Food is kept at the proper temperature and distributed promptly. Meats are immediately frozen and transported in coolers. All food products worth sharing are sent to organizations. If you cannot use a food product, <i>please share with others.</i> Any unusable food is composted. Compost as much as possible. Food Rescue usually does not distribute foods with <i>expiry dates</i>. For more information, contact: 867-669-3663 347 Old Airport Road yellowknifefoodrescue@gmail.com www.foodrescueyellowknife.ca

INFORMATION SOURCES:

Guidelines for Food Shelf Life (2019).
Food Banks Canada: Guidelines-Food-Shelf-Life-Booklet-EN.pdf (thefoodbank.ca)
Calgary Food Bank: Best-Before-Date.pdf (calgaryfoodbank.com)
*Second Harvest Best Before Timetable 05-FY21_BestBeforeTimetable_Legal_v8 (website-files.com)
GNWT Department of Health and Social Services: best-before-vs-expiry.pdf (gov.nt.ca)

The NWT Food Donation Act: In 2008, the NWT Legislative Assembly passed Bill 19, the Donation of Food Act, allowing food donor organizations to donate safe, edible food to help feed the hungry. This act enables businesses and organizations to donate and distribute food to the community. Some donated food may be reaching or past the best before date.

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