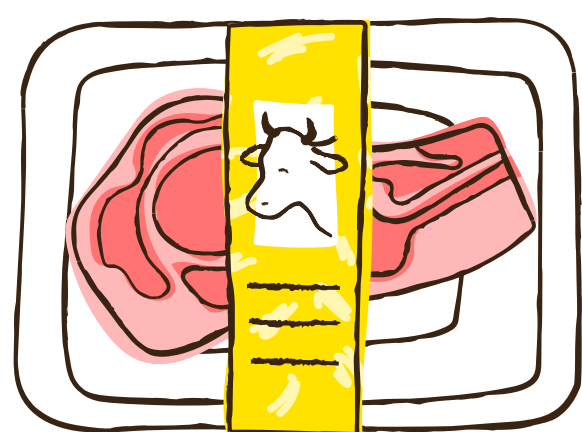
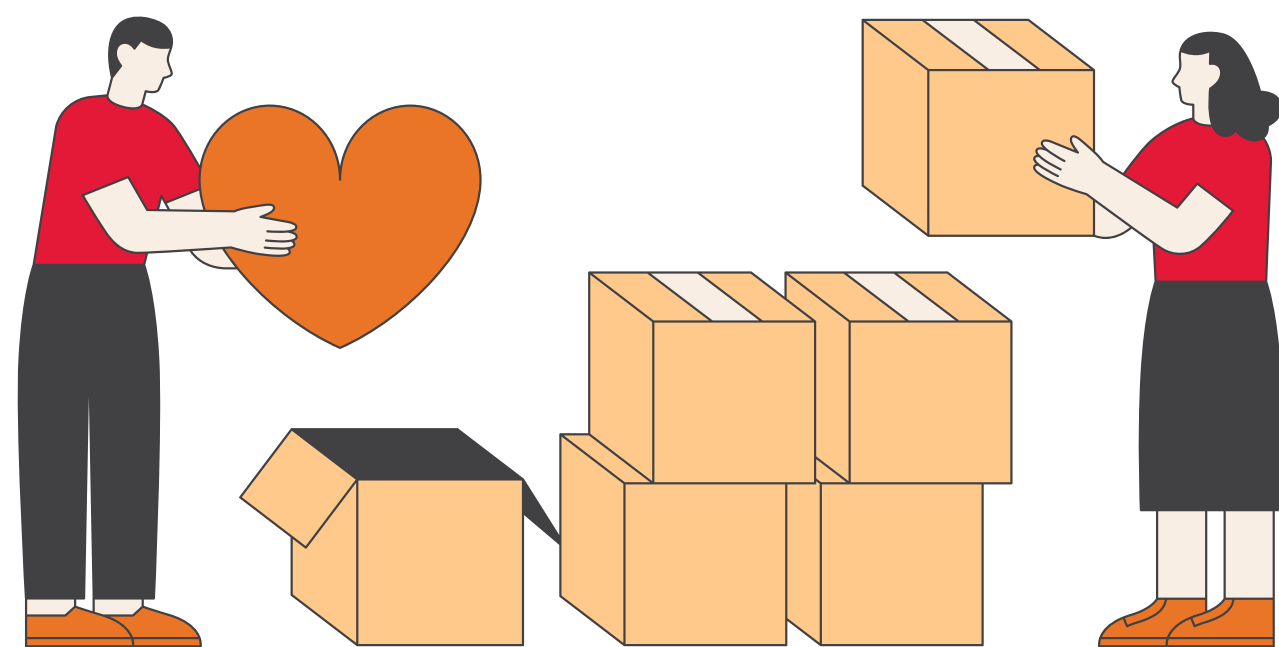


FOOD RESCUE BEST BEFORE GUIDELINES



Dairy

Fresh milk
Yoghurt, sour cream, cottage cheese, cream
Soft cheese: brie, camembert
Mayonnaise, hollandaise and tartare sauce
Eggs
Milk powder

Less than 3 days after 'best-before' date
Less than 2 weeks after 'best-before' date
Less than 2 weeks after 'best-before' date
Less than 1 month after 'best-before' date
Less than 2 weeks after 'best-before' date
Less than 3 months after 'best-before' date

Meat

Fresh meat - not chicken or shellfish
Fresh meat - chicken or shellfish
Cured meat - bacon, salami etc.
Frozen meat

On or before 'best-before' date
On or before 'best-before' date
On or before 'best-before' date
Frozen before 'best-before' date

Bread

Fresh bread
Packaged bread

Less than 2 days after 'best-before' date
10 days or less after 'best-before' date

Drinks

Smoothies
Juice
Fizzy drinks, non-alcoholic beers & drinks

Less than 3 days after 'best-before' date
Less than 1 week after 'best-before' date
6 months or less after 'best-before' date

Ready Meals

Salads (bags and pottles)
Microwave meals/bulk prepared meals
Fresh pies, pizzas and quiches
Fresh soups (plastic pouches)

On or before 'best-before' date
On or before 'best-before' date
Less than 3 days after 'best-before' date
Less than 2 weeks after 'best-before' date

Fruits and Vegies

Frozen Vegetables
Fresh Fruit and Vegetables

1 year or less after 'best-before' date
A good question to ask is
"Would you feed it to your family?"

Other

Tofu
Dips (including hummus)
Packaged chips, biscuits and crackers
Chocolate and sweets
Dried nuts and fruits
Packaged cereals and muesli bar
Spreads and chutneys
Canned goods
Dried bulk goods (flour, sugar, oats etc.)
Baby pouch
Cooking oil, salad oil

Less than 1 week after 'best-before' date
Less than 1 week after 'best-before' date
6 months or less after 'best-before' date
2 months or less after 'best-before' date
3 months or less after 'best-before' date
6 months or less after 'best-before' date
6 months or less after 'best-before' date
1 year or less after 'best-before' date
1 year or less after 'best-before' date
Less than 1 week after 'best-before' date
1 year or less after 'best-before' date

We also rescue non-food items: washing powder, cleaning & sanitary products, pet food etc.,
Unsure if it's good to donate? Call us!

JUST
Zilch

Food Rescue. Free Store.

📞 0225-972-569

✉ ops@justzilch.org.nz

📍 248 Featherston, Palmerston North

🌐 www.justzilch.org.nz