



Food safety definitions

This is quick and easy advice about food safety. We hope it will make things a bit clearer when you are out and about shopping or at home cooking.

Food safety dates can be confusing. The usual ones you will see on the food you buy are:

- **Best before' date** - The food can be expected to be at its best quality up to this date.
- **'Use by' date** - Food may be used safely up to this date if it has been properly stored. Usually it's on foods you would keep in the fridge.



You may see the following terms used in food safety advice:

- **Contaminated** - When food contains something which should not be there, such as germs.
- **Detergent** - A chemical used to break down grease, for example, washing up liquid.
- **Food hygiene** - The things you can do which to be safe and clean when making food. For example, washing your hands and keeping kitchen surfaces clean.
- **Personal hygiene** - Keeping yourself clean.



For **more** help and advice please contact
Citizens Advice consumer service on 08454 040506.
