

CHICKEN: KNOW WHEN IT'S SAFE AND WHEN IT'S NOT



UNDERSTANDING USE BY AND BEST BEFORE DATES

Chicken products typically carry a Use by or Expiration date, indicating when the product is no longer safe to consume. This is different from a Best Before date, which focuses on quality rather than safety. The Use By date is critical as it is not safe to consume chicken past this date.

DOES CHICKEN HAVE A BEST BEFORE OR A USE BY DATE?

Chicken products typically carry a Use by or Expiry date, indicating when the product is no longer safe to consume.

To extend the life of your chicken, freeze it on or before that date.

- Whole chicken can last up to 1 year in the freezer.
- Chicken pieces (e.g, breasts, thighs) can be stored for up to 9 months.
- Cooked chicken can be kept for up to 4 months

Ensure your freezer stays at -18°C or lower to prevent spoilage.

When you're ready to eat your chicken, defrost it thoroughly in the fridge before cooking. Once defrosted, use immediately. Remember you should not re-freeze meat after defrosting.

HOW TO STORE AND REHEAT COOKED CHICKEN: ENJOY LEFTOVERS SAFELY

Cooked chicken can be a convenient and delicious leftover, but it's important to handle it properly to ensure safety. Here are some guidelines:

- **Refrigeration:** Store cooked chicken in the refrigerator and consume it within 3-4 days.
- **Freezing:** If you need to keep it longer, freeze cooked chicken for up to 4 months on the day of cooking. Ensure that you defrost any cooked frozen chicken thoroughly in the fridge before reheating. Consume immediately once reheated. Remember you should not re-freeze meat after defrosting.
- **Reheating:** Reheat chicken thoroughly before consumption, to make sure it is safe to eat. If you can see steam rising from the surface of the food or the middle when you cut into it, it means that it has been reheated well. Reheat only the portion you plan to eat to maintain quality.



REDUCE FOOD WASTE AND MAKE A DIFFERENCE.