

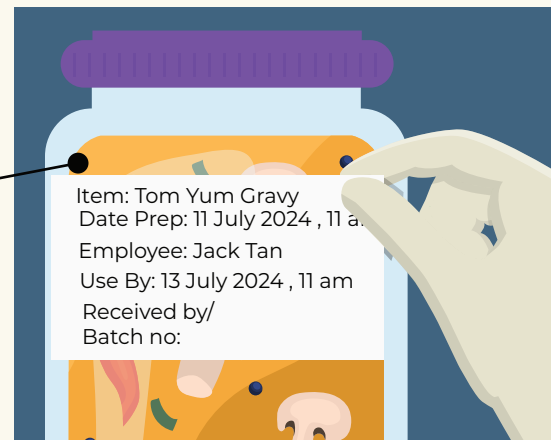
# Labelling Food And Ingredients

Labelling food minimises the risk of foodborne illness as it makes it easier to follow First Expire, First Out (FEFO) or First In, First Out (FIFO) stock rotation system.

This ensures that food is used before the expiry date, hence reducing the risk of using expired / spoilt food which can cause foodborne illness.



## 1 How to Label Food /Ingredients



- 1) Label food and ingredients (e.g. semi-processed meat, seafood and sauces / food removed from packaging with the following:
  - Name of ingredient / food
  - Date opened / prepared
  - Expiry date / Use by date (after opening)
  - Receiving date / batch number (to facilitate product tracing)
- 2) Update the label as and when necessary.
- 3) If reusing food containers, be sure to remove the original label and affix a new label.

## 2 Check the expiry date on the label



- 1) Be sure to check the expiry date on the label before use!
- 2) Dispose of expired products.