

## Do Food Expiration Dates Really Matter?

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So do expiration dates matter? Firstly there are so many different types of expiration dates... Sell By, Best Before, Born On, Use By, to name a few. If you are unsure what these dates mean, you've come to the right place... We've also got you covered if you'd like a list of common groceries, together with how long each is generally safe to eat. There is also some advice on how to stretch expiration dates through proper storage.

But we are not just talking food expiration dates, there is also information and advice on medicines (many people believe drug companies put short dates on medicines to make you bin them and buy more...)

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(Photo from: [aesop](#))