

DECLUTTERING CHECKLIST

Food and Drink

Today is the day to look for food that is past it's use by date or that you just don't like.

It's easy to go food shopping and buy 2 for 1's and then realise you don't like it in the first place. Christmas is a great time to get things you will never need. I have no idea what to do with cranberry sauce (that is still in date) 2 years after I was given it!

Labeling can be misleading;

"Use by" is the one to take seriously because eating food past it's use by date can be dangerous.

"Best before" dates are just about quality, not safety. Food past it's best before date might not taste as good when it was in date but it will still be safe to eat.

"Display until" or **"Sell by"** are instructions to shop staff not for shoppers and can be ignored.

Today, head for your cupboards and find 5 things you will never eat.

This could be because:

- You don't like the taste
- They are really bad for you
- They are out of date
- They have gone off

If the food is past it's use by date then it needs to be thrown out.

Some charity shops take pet food, usually the smaller, pet rescue ones are really happy to have any tins.

If you have a hard time throwing away good food, even if you won't eat it yourself you could see if your local food bank could find a use for it.



Have nothing in your house that you do not know to be useful, or believe to be beautiful.
William Morris.

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