

6 PREP labelling MISTAKES

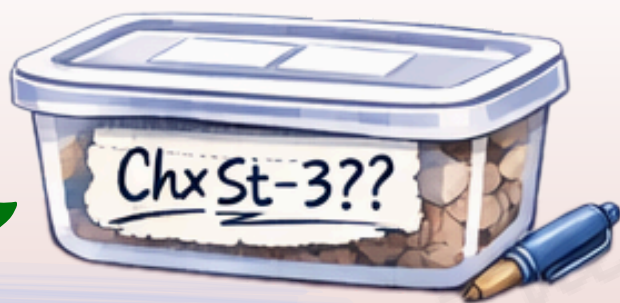
I see all the time...
and how to fix them fast

FOOD SAFETY TIPS FROM AN EHO



1 The label written during an earthquake

*Barely legible
and rushed*



✓ Write clearly, every time.

2 The label that lies

*Label says one
thing, contents
say another!*



✓ Match the label to the contents.

3 The container with a full life story

*Covered in
old labels*



✓ Remove old labels.

4 The “I will finish this later” label

*Incomplete or
missing info*



✓ Complete every label fully.

5 The defrosted but “still living in the past” label

*Label shows old
use by date from
before it was frozen*



✓ Update use by date.

6 The “how is this still here?” label

*Food past its
use by date*



✓ Remove expired items.