

Should you buy food that is close to its expiration date?

Near-expiry or soon-to-expire foods are often deeply discounted in supermarkets. However, should you buy products that are about to expire? This article will give you the answer.

Foods that are "near expiry" or about to expire are often deeply discounted by retailers in supermarkets. However, should you **buy products that are about to expire** ? This article will give you the answer.



What exactly is expiring food?

Expired foods are typically prepackaged foods that are nearing their expiration date and are still safe to eat.

Is it safe to buy food that is about to expire?

Most foods that are close to their expiration date are safe to buy. Food Safety Law requires that prepackaged foods be labeled with the date of manufacture and the expiration date.

The shelf life is the period of time during which a food will maintain its quality under the storage conditions stated on the food label. During this period, prepackaged food is completely safe to sell and consume. Near-expiry food is food that is close to its expiry date but is still within its expiry date, so there is no need to worry about its safety.

However, "near-expiry" foods are not popular with consumers. Therefore, many businesses often apply discount and promotion programs to quickly sell foods that are about to expire to minimize losses. Some supermarkets also arrange counters to sell foods that are about to expire for customers to easily monitor.



How to buy food that is about to expire?

Buying food that is close to its expiration date can also save you money without compromising your health. As long as the food is not past its expiration date and is purchased from a reputable supermarket or other legitimate distribution channel, you don't need to worry about safety issues. However, keep the following in mind when buying "close to" food:

Buy in appropriate quantity based on needs

Some foods have low nutritional value, such as chips and other processed foods that are high in oil, salt and sugar. Don't be tempted by cheap prices to buy too much at once.

Pay attention to the date of manufacture

Oily nuts will go rancid over time if not vacuum sealed/injected with nitrogen. It is best to buy freshly produced.

Buy multiple small packages

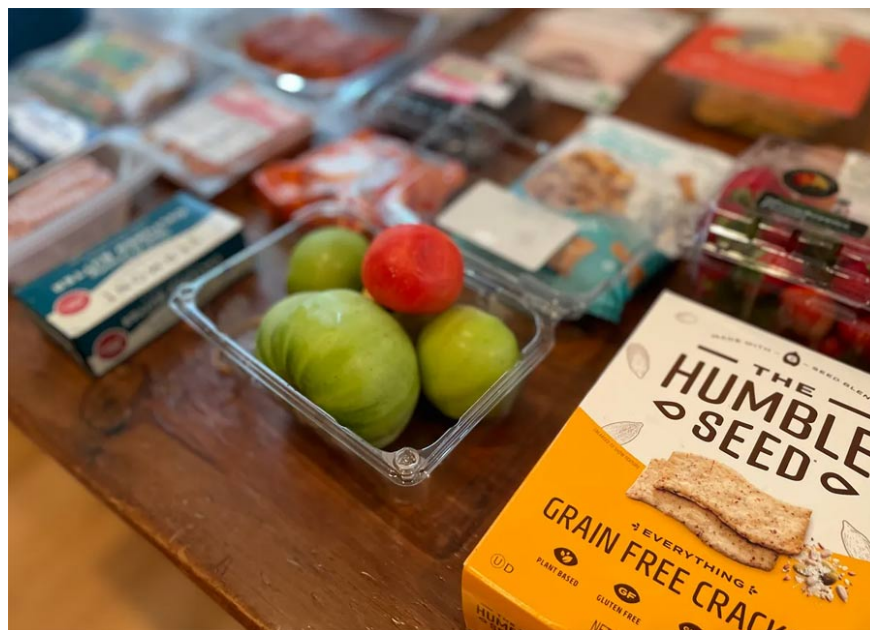
If the prices are similar, it's better to buy several small packages than to buy one large package of food that's about to expire.

Check expiry date

Be especially careful to check for modified expiration dates on prepared foods sold at many farmers markets, including meat and soy products.

Refrigerant

If you see a food item that is being stored at room temperature that is about to expire after a week and you find yourself unable to finish it within a few days of purchasing it, you should either refrigerate it or simply not buy it to avoid waste.



Note when buying products about to expire

1. The so-called "non-perishable" or unexpired term means that the food will not spoil or become moldy due to the action of microorganisms, but it does not guarantee that the nutritional value will not decrease with prolonged storage.
2. Even within the shelf life, packaging can sometimes break, food can absorb external moisture and spoil, canned food is not completely sterilized, and cans can swell. Foods that need to be refrigerated can spoil prematurely because they are not kept refrigerated.
3. Before purchasing, you must carefully check the integrity of the packaging and before eating, make sure that there are no unusual changes in the color, aroma, taste and texture of the product.

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