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Beyond the Label

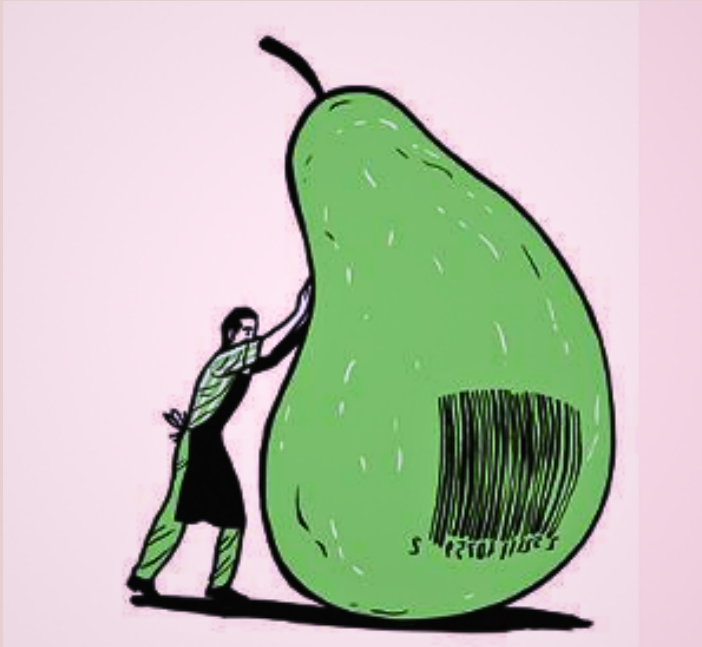
Expired Food? No problemo!



PARTICIPATIE

KEUKEN





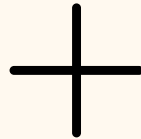
*Freshness fades away,
Numbers mark the fleeting days,
Time's taste slips astray.*

PARTICIPATIE KEUKEN



Social club,
place to volunteer,
affordable restaurant,
language school... .

Restaurants are not
allowed to cook or use
food that is “expired”
even if it is still good

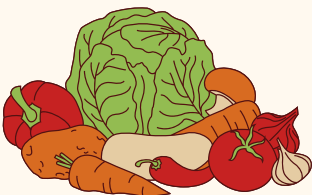
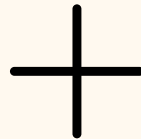


From the elderly to children,
PK's mission goes beyond just
food.

Food with little damages
and “not so pretty” parts
does not get sold



Building a community
in Moerwijk



Supermarkets over produce to
make more profit and donating the
spare its easier and cheaper than
getting rid of it



Expiration dates can actually do more harm than good

📅 October 5, 2023
Food Law & Policy, News

“Expiration dates — and “use by” dates and “sell by” and “enjoy by” dates — have for years confounded consumers, who, in many instances, are throwing away a perfectly good product simply because a label is suggesting they do so. As a result, an estimated **7 billion pounds of food is trashed in the U.S. annually**, The Wall Street Journal reported per anti-food waste nonprofit ReFED. “There’s a lot of confusion among both consumers and, frankly, people who work in the food industry,” Dana Gunders, ReFED’s executive director, told The Washington Post in May.”

Originally written by Brigid Kennedy and published by [The Week](#) on 09/25/23.

Expiration Dates Explained

Best by, or best before: Indicates when a product should be consumed for quality and sensory purposes. It is a guideline on quality, not safety.

Sell by: Informs the retailer how long they can display the product in their store. These dates are used for inventory management

Use by: Provides information about the last date recommended for peak quality use of the product. Does also not indicate food safety.

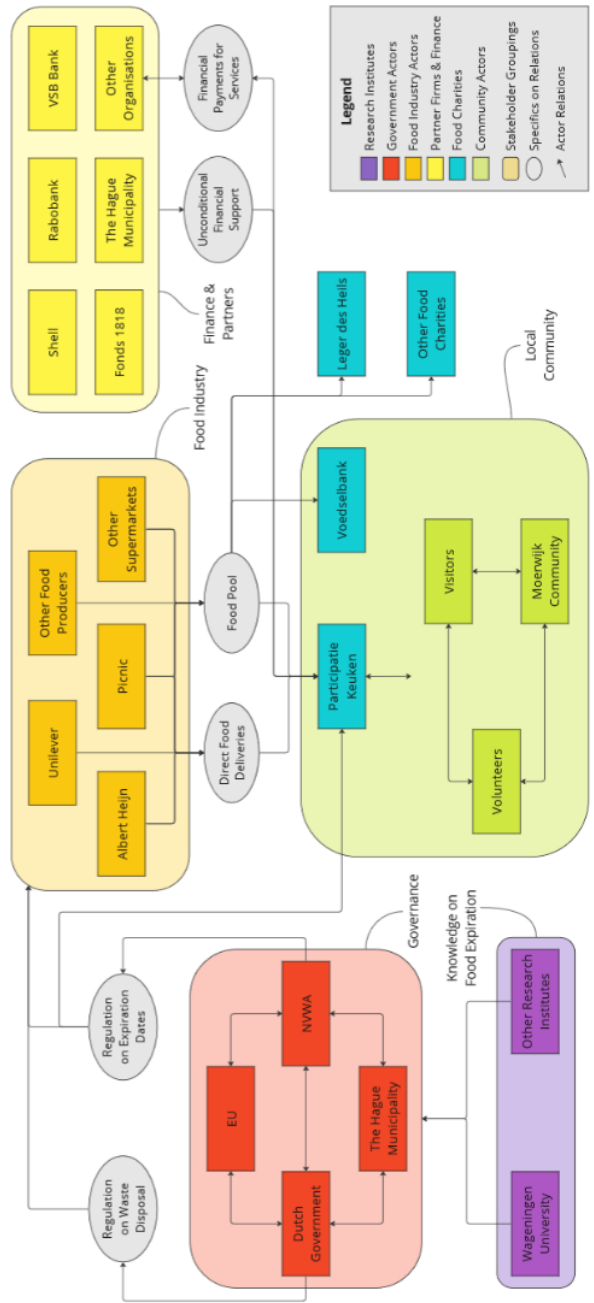
Expires by: When the product expires and becomes critical to use consumption wise

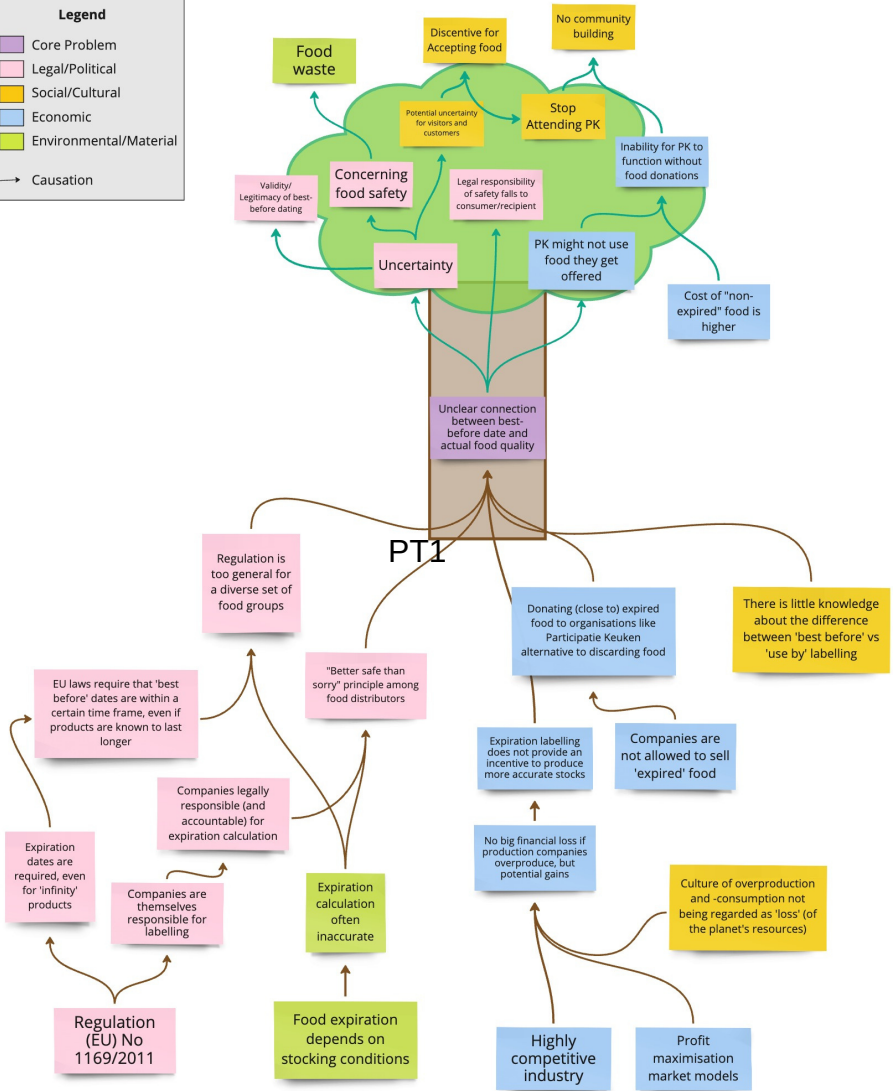
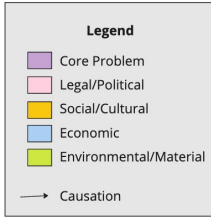
Stakeholder Map

The stakeholder map provides a comprehensive overview of the stakeholder relations that PK has in its direct environment. A special effort is made to include actors who have a close connection to our core research problem. In the following table, some of the key actors will be elaborated upon.

Wageningen University	The Dutch research institute conducting most research on food quality and expiration dates.
Dutch Government	Based on studies from f.e. Wageningen University, sets regulation on food waste disposal.
NVWA	Government authority in charge of regulation on food quality and expiration dates.
Unilever	One of the biggest food producers in NL and key deliverer of (over date) items to PK.
Albert Heijn	Another key deliverer of food to PK and big scale implementer of food expiration date regulation.
Shell	Shell is one of PK's biggest financial supporters. There are also frequent collaborative activities.
Other Organisations	Variety of organisations that pay PK for volunteering, catering or team building activities.
Voedselbank	Food charity that works with non-expired food. Ben often talks with it to divide food supplies.
Visitors	The visitors their willingness to consumer expired food is ultimately key to reduce food waste.
Local Community	One of PK's missions is to build a better connected local community through its activities.

PARTICIPATIE KEUKEN
Stakeholders Map





pt 2

Theory of Change



PROBLEM

Lack of information on the risks of consuming food after the expiration date

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NEEDS

1. Knowledge of the 'real' expiration date of food items.
2. Understanding the risks of using products past their expiration date.
3. A sense of security when serving food made from 'expired' products.

2

RESOURCES

1. Research from Wageningen University & Research.
2. Student researchers (potentially including high school students).
3. Own tacit knowledge within Participatie Keuken.
4. A broad network of stakeholders for consultation.

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ACTIVITIES

1. **Share Experiences:** Engage with other organizations receiving and serving food donations to share and gather insights on handling 'best before' labeled items.
2. **Expert/Regulator Meeting:** Arrange a meeting with experts and regulators to discuss the issue and seek guidance on safe practices and regulations.
3. **Real-Life Experiment:** Conduct controlled experiments over time to observe the actual shelf life of different food items beyond their 'best before' dates. Document findings for future reference.

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SHORT TERM OUTCOMES

1. **Sense of Security/Certainty:** Participatie Keuken gains confidence in assessing the safety of food items based on real expiration rather than 'best before' labels.
2. **Resources and Contacts:** Establish a network of resources and contacts, including insights from research, experts' advice, and shared experiences, to address uncertainties.

LONG TERM OUTCOMES

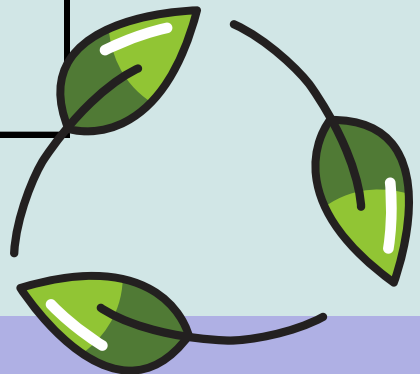
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1. **Negotiating Power:** Develop the ability to negotiate effectively with food producers, armed with knowledge and experiences, to ensure accurate labeling on food products.
2. **Influence on Labeling Practices:** Gain the capacity to influence food producers in considering more accurate and sustainable labeling practices.

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VISION/ULTIMATE GOAL

Reducing food waste by being better informed on the safety and consumption of food post the expiration date



PRODUCT TABLE

Product Group	Product	Possible Use After Expiration Date	Risks	Risk Factor after Expiration
Dairy	Raw Milk	Unopened up to 7 days Opened : 3-7 days	Foodborne illnesses like typhoid, diphtheria, scarlet fever, tuberculosis,	High
	Pasteurized milk	Unopened 30-90 days Opened 7-10 days		Medium
	Aseptic milk	Up to 3 months depending on the amount of salt		Low
	Butter	1-2 weeks	Generally safe.	Low
	Soft Cheeses	Opened: 3-4 weeks	Like dairy but relatively easy to detect visually or through smell and taste	High
	Hard Cheese	Up to 3-5 weeks refrigerated	Similar to Soft Cheese	Medium

Eggs	Eggs	Up to 3-5 weeks refrigerated	Food poisoning, salmonella infection ...	Medium
Meat	Ground Beef	2 days after purchase if not frozen	Food poisoning, may contain parasites and bacteria, salmonella if not cooked properly	High
	Prepackaged deli meats (airtight)	2-3 weeks		Medium
	Fresh Chicken	1-2 days after purchase	Food poisoning, salmonella	High
Seafood	Fresh fish	1-2 days after purchase	Can contain toxins such as mercury or bacteria	Very High
	Frozen fish	3 months or longer		High
	Canned fish	Unopened for up to 5 years	Decrease of quality and freshness	Low
	Canned Anchovies	5 years unopened	Decrease of quality and freshness	Low
Other Canned & Bottled	Kidney Beans	3 to 5 years	If unopened, very low risks.	Low

	Ketchup, Cocktail, Chili Sauce	1 year unopened 6 months refrigerated after opening	Decrease of quality after this time period	Low
	Salat Dressing	10-12 Months	Decrease of quality and freshness, Due to dairy caution is advised	Medium
	Tomato Sauce	9-12 Months unopened	Mold leading to food poisoning	Medium
	Soy & Teriyaki Sauce	3 years from date of purchase	Decrease of quality and freshness	Low
	Pesto	Unopened 6 months Opened and refrigerated 3 days	Decrease of quality and freshness, visible Mold after opening	Low
Bread	Whole Grain Bread	Up to 3 days (room temp.) Up to 2 weeks (cooled)	Various short-term stomach problems.	Low
Veggies	Fresh Veggies	3 to 5 days	Fresh Veggies can pick up harmful bacteria from a variety sources	Medium

Fresh Fruit	Raspberries & Strawberries	About 3 days after purchase	Fresh fruits can pick up harmful bacteria from a variety of sources (contaminated cutting board, soil, water)	Medium
	Blueberries	Up to 2 weeks		Low
	Apples	4-6 weeks in fridge		Low
	Citrus fruits	10-21 days in fridge		Low
Juice	Raw cold-pressed	5 days after opening	Loss of nutrient value & bacterial contamination	Medium
	High-pressure processed Cold pressed	30 days of shelf life	Loss of nutrient value & bacterial contamination	Low
Nuts	All kinds	1 year	Rancidity, Mold growth, loss of nutrient value	Low

* THIS IS THE TABLE DESIRED BY PARTICIPATIE KEUKEN. BY NO MEANS DO WE BELIEVE THIS INFORMATION TO BE 100% ACCURATE. NOR DO WE TAKE RESPONSIBILITY FOR ANY HARM DONE TO PEOPLE ACTING UPON IT.



*Abundance displayed,
Leftovers echo regret,
Change begins with care.*

