

Proper Food Storage

Follow the advice below to store food safely:

Store perishable foods like meats, dairy, and cooked items in the refrigerator within 2 hours to prevent bacterial growth.

Refrigerate Perishables Promptly

Maintain refrigerator temperature at 40°F (4°C) or below and freezer temperature at 0°F (-18°C) to ensure food safety.

Use Proper Temperature

Don't overcrowd the refrigerator; good air circulation is essential for maintaining proper temperatures.

Avoid Overloading the Fridge

Allow hot foods to cool slightly before refrigerating to prevent raising the temperature inside the fridge.

Cool Food Before Storing

Thaw frozen foods in the refrigerator, cold water, or microwave, never at room temperature, to prevent bacterial growth.

Defrost Safely

Store Raw Meats Separately

Keep raw meats on the bottom shelf of the refrigerator in sealed containers to prevent juices from contaminating other foods.

Check Expiration Dates

Regularly check expiration dates and use or discard food items before they expire.

Use Airtight Containers

Store leftovers and opened packages in airtight containers to prevent contamination and extend freshness.

Label and Date Leftovers

Clearly label and date all leftovers to ensure they are used within a safe time frame, typically within 3-4 days.

Clean Storage Areas Regularly

Regularly clean the refrigerator, pantry, and storage containers to prevent mold, bacteria, and cross-contamination.