

How to Store YOUR MEALS

STORE RAW FOOD SEPARATELY FROM COOKED FOOD

Raw food and cooked food should be stored separately in the fridge. Bacteria from raw food can contaminate cold-cooked food, and the bacteria can multiply to dangerous levels if the food is not cooked thoroughly again. Always store raw food in sealed or covered containers at the bottom of the fridge. Keep raw foods below cooked foods, to avoid liquid such as meat juices dripping down and contaminating the cooked food.

CHOOSE NON-TOXIC FOOD STORAGE CONTAINERS

Make sure your food storage containers are clean and in good condition, and only use them for storing food. Cover them with tight-fitting lids, foil, or plastic film to minimize potential contamination. Transfer the contents of opened cans into suitable containers.

IF IN DOUBT, THROW IT OUT!

Check the use-by dates on food products and discard out-of-date food. If you are uncertain of the use-by date, throw it out. Throw out high-risk food left in the temperature danger zone for more than 4 hours - don't put it in the fridge, and don't keep it for later.



Meal Prep Ideas Etsy Update

Victor M. Corman

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

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