

HOW LONG WILL IT KEEP?

FOOD REFRIGERATION & STORAGE GUIDE

MISTAKE: LETTING FOOD COOL BEFORE PUTTING IT IN THE FRIDGE



Why: Illness-causing bacteria can grow in perishable foods within two hours unless you refrigerate them.

Solution: Refrigerate perishable foods within 2 hours (or within 1 hour if the temperature is over 90°F).

FOOD TEMPERATURE

Store all leftovers in airtight, leakproof clear containers or wraps. Refrigerate leftovers within two hours of cooking. Don't stuff the refrigerator too full. Cool air needs to circulate to keep food at a safe temperature.

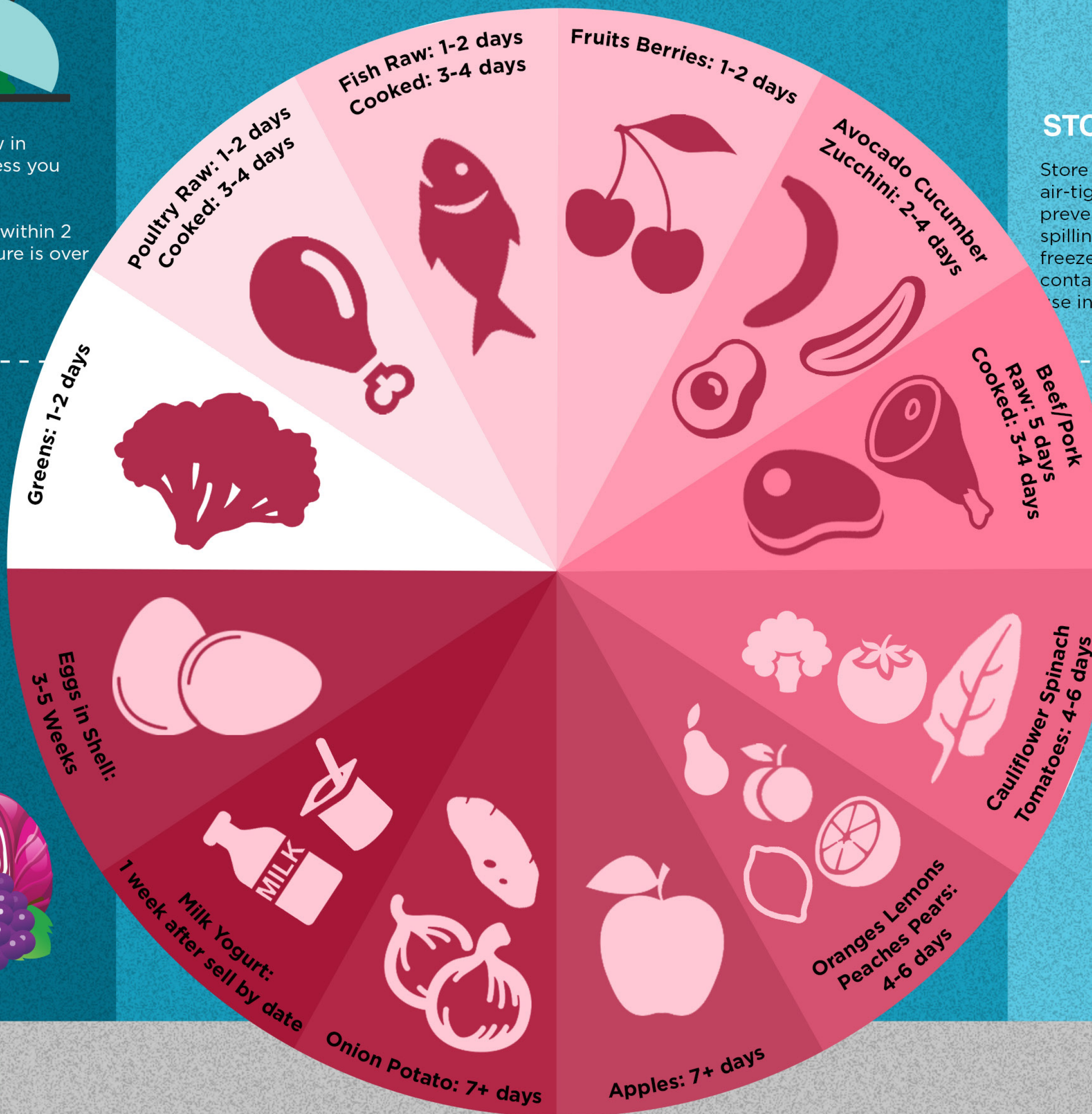
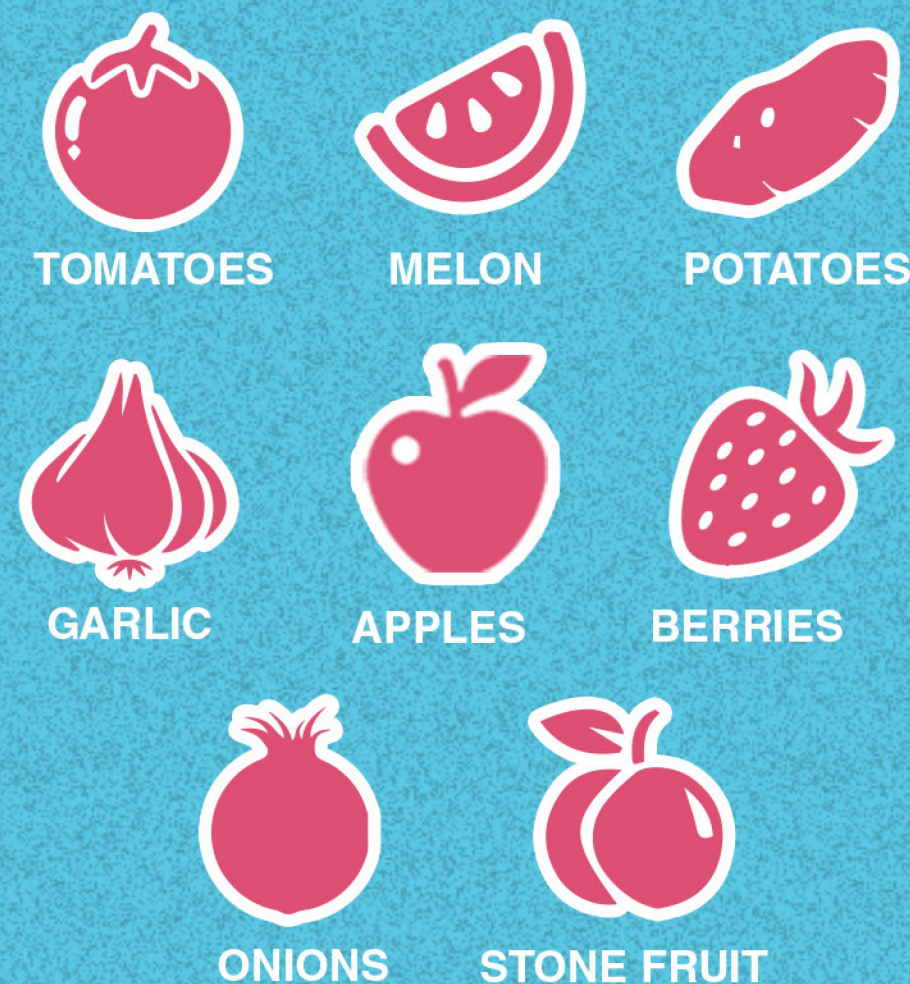


STORAGE CONTAINERS

Store prepared ingredients in air-tight containers to prevent food from spoiling or spilling. For refrigerator or freezer storage, ensure the containers are designed for use in this equipment.



8 FOODS YOU SHOULD NOT REFRIGERATE



FRUITS AND VEGETABLES

Keep fruits and vegetables separate and store like with like: apples with apples, carrots with carrots. Fruits and vegetables give off different gases that can cause others to deteriorate.

Store fruits and vegetables susceptible to drying out in perforated or unsealed plastic bags to maintain a moist environment yet still allow air to circulate.

Don't wash produce before refrigerating it. The dampness can make it mold and rot more quickly.

