

Food Storage Essentials



- ◆ Plan on enough storage space in the refrigerator and freezer. In the refrigerator, air needs to circulate to keep the temperature at 40°F or below. Keep your freezer at 0°F or below.
- ◆ Monitor your refrigerator and freezer temperatures with thermometers. Place one in your refrigerator and one in your freezer in easy-to-read locations and check the temperature regularly—at least once a week.
- ◆ Refrigerate meat, poultry, seafood, eggs and other perishables as soon as you get home from the store.
- ◆ Stick to the “two-hour rule.” Remember to not allow foods needing refrigeration to sit out longer than two hours—one hour if the temperature is above 90°F. This includes leftovers, “doggie bags,” and take out foods.
- ◆ Check food storage directions listed on food labels. If something hasn’t been properly refrigerated, it is usually best to throw it out.
- ◆ After cooking, divide large amounts of leftovers into shallow containers for quicker cooling in the refrigerator.

