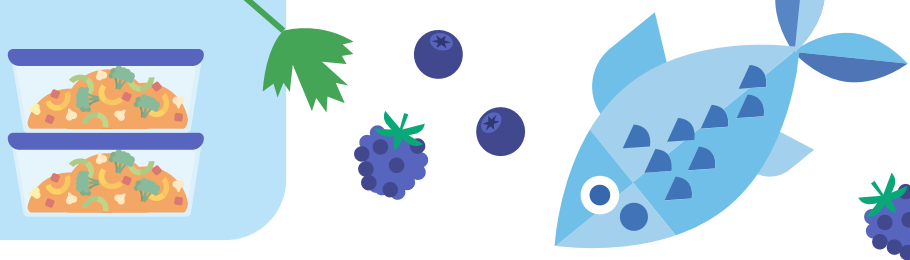


# Storage



1



## make the most of your freezer

- keep the freezer at **-18°C or below**
- freeze items** that will expire before you can use them
- label foods** and use sealed freezer bags or glass/plastic containers to **avoid freezer burn**
- thaw frozen food completely** before cooking, ideally in a container in the fridge overnight
- if defrosting in the microwave, it is best to cook or heat and **eat the food straight away**

2



## store leftovers in the fridge within 2 hours

- Avoid placing hot foods straight into the fridge**, as this will raise its temperature. Cool them down to room temperature first
- you can store leftovers in sealed containers for **up to 3 days** (1 day for rice dishes)

4



## know how to use your fridge

- keep the fridge at **4°C or below**, and **clean it** every three months
- most foods with a **'use by' date** (e.g., dairy, meat, ready meals, etc.) should be kept in the fridge
- avoid packing too much** in your fridge, so that air can circulate and the fridge can work efficiently

3



## keep foods that need using soon in the front

- place **new products at the back** of the fridge or cupboard to help you remember to use older ones first
- or have a **section in the fridge** where you store foods that need to be used soon so you remember to eat them

5



## know your use-by and best-before dates

- Use-by** refers to food safety. Foods should not be eaten after that date
- Best-before** refers to food quality. Foods are often still safe to eat after that date, if they still look, smell and taste good

