

SmartCook project



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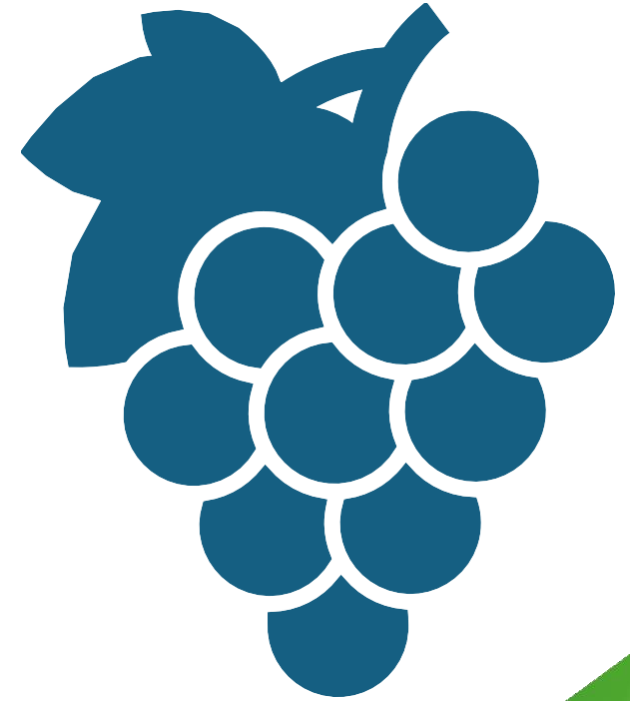
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Food Storage Guidelines



Store at the Right Temperature:

- Keep perishable foods, like dairy, meat, and leftovers, in the refrigerator at or below 40°F (4°C).
- Store frozen foods at 0°F (-18°C) or lower.



Properly Store Dry Goods:

- Keep dry goods like flour, rice, and pasta in a cool, dry place.
- Store these items in sealed containers to prevent pests.



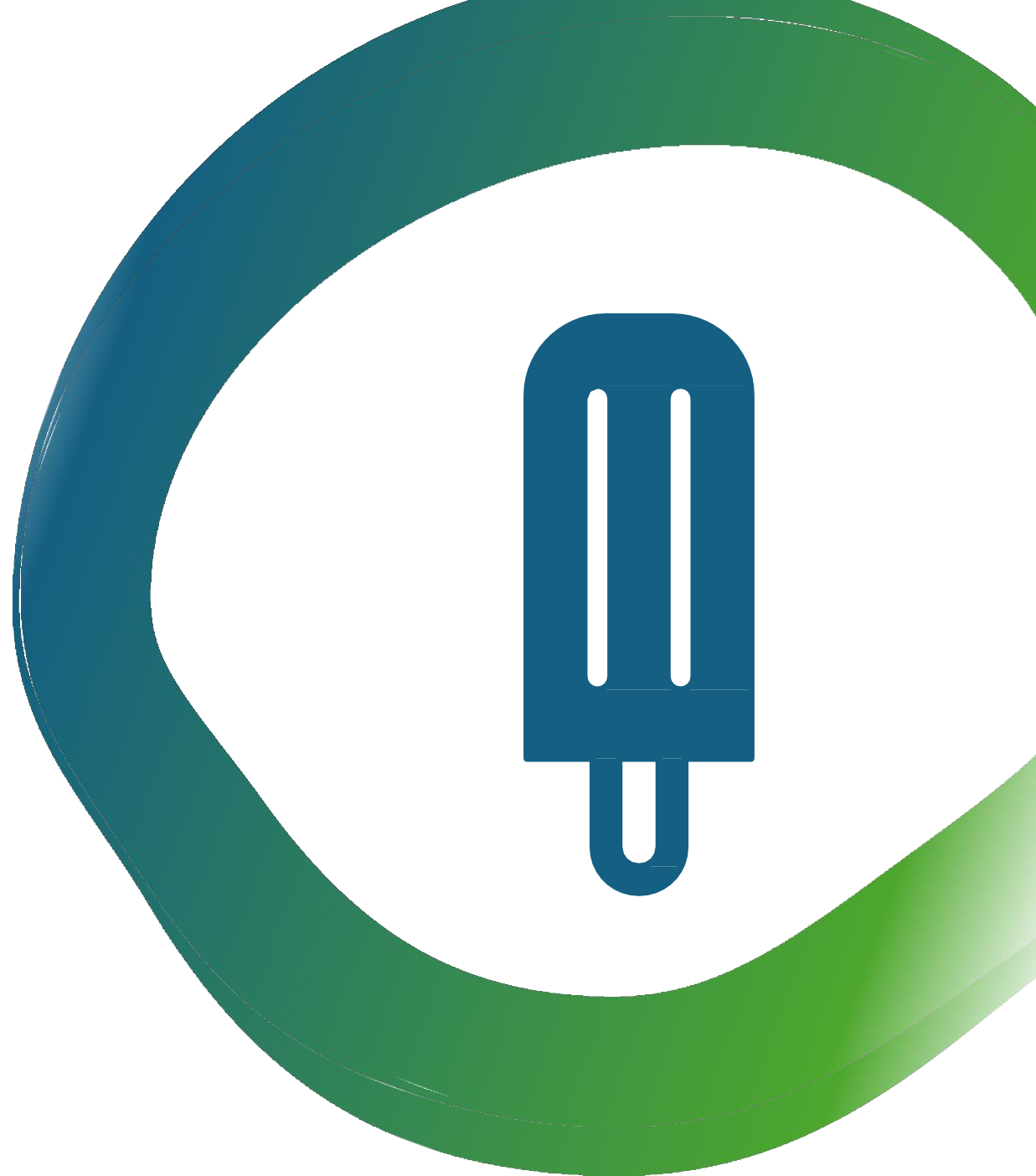
Maintain Cleanliness:

- Regularly clean the refrigerator and pantry to avoid the buildup of food residues and spills.
- Discard expired or spoiled food promptly.



Thaw Food Safely

- Thaw frozen foods in the refrigerator, in cold water, or in the microwave, not on the counter.
- Cook thawed food immediately to ensure safety.



Store Fruits and Vegetables Properly

- Some fruits and vegetables should be stored in the refrigerator, while others are best kept at room temperature.
- Check specific storage needs for each type of produce to maximize freshness.





Follow the "First In, First Out" (FIFO) Rule:

- Arrange foods so that older items are used before newer ones.
- Regularly check expiration dates and use older items first.



Separate Raw and Cooked Foods:

- Keep raw meat, poultry, and seafood separate from other foods to prevent cross-contamination.
- Store raw foods on the bottom shelf of the refrigerator to avoid dripping onto other foods



THANKS YOU
FOR YOUR
ATTENTION

- Following these guidelines can help keep your food fresh and safe to eat ;)