



Smart Storage Tips To KEEP FOOD SAFE

Foodborne illnesses are illnesses caused by eating contaminated food. These food storage tips can help you avoid foodborne illness.

1 REFRIGERATE OR FREEZE perishables as soon as you get them home from the store.


WHAT ARE PERISHABLES?

Perishables are foods that can spoil, decay or become unsafe to eat if not kept refrigerated or frozen. Examples are raw meats and poultry, dairy products, and cooked leftovers.



Once you remove a food item from a store's refrigerator or freezer, it needs to be in your refrigerator or freezer within 2 hours.

If the air temperature is above 90°F, it should be in your refrigerator or freezer within 1 hour.



If something you bought was refrigerated at the store, it needs to be refrigerated as soon as you get home. This includes:

- Dairy products
- Raw meat
- Eggs
- Raw poultry
- Raw seafood and fish
- Cooked food
- Cut fresh fruits and vegetables

Perishable foods need to be refrigerated within 2 hours.

2 CHECK THE FOOD LABEL

You may be surprised by what needs to be refrigerated or frozen. Check the label every time to keep food safe.



3 STORE EGGS CORRECTLY

Eggs should be kept in their carton.

They should be stored in the main part of the refrigerator, not the door.

The temperature is cooler in the main part of the refrigerator. The door can get too warm.





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4 KEEP FOODS COVERED

Before you put food in a refrigerator or freezer, make sure it is covered. This could mean a container with a lid, or a sealed storage bag.



5 WATCH OUT FOR SPOILED FOOD

If any of your food looks unusual or smells bad, the safest option is to throw it out.

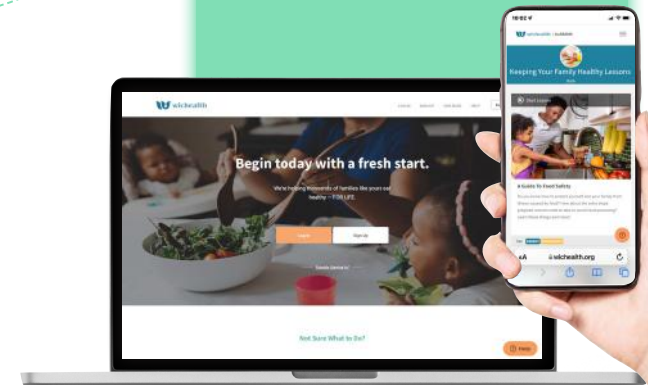
Clean out your refrigerator frequently. Throw out anything that appears moldy or spoiled.

Take This Lesson to Learn:

- How to avoid E.coli, Salmonella, and Listeriosis.
- What foods to avoid during pregnancy.
- The 4 steps to prevent cross-contamination.

To Get Started:

- Visit wichealth.org
- Choose **Sign up**
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- Choose **Begin**
- Choose the category: **Keeping Your Family Healthy**
- Choose the lesson: **A Guide To Food Safety**



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