



Tips For Storing Food

Follow these tips to keep food safe to eat

1. Check the label for the 'use by' or 'best before' date
2. Check the label for instructions on how to store the food – **before and after** it has been opened
3. Do not buy food if the pack, bottle, jar or can is swollen, open or badly damaged
4. When canned or packaged food has been opened – store the food in a clean glass or plastic container in the fridge, with a fitted lid and treat it like fresh food of the same type
5. Write the date on the pack when you open or freeze food as a reminder
6. Cook or eat food within 2 hours or store it in the fridge for later use
7. **If in doubt – throw it out**

And remember...

- The temperature is higher in the door of the fridge and at the front of the shelves
- Store meat, poultry, seafood and cooked food in the coldest part of the fridge
- Food stored in the freezer will be safe to eat after the times stated in the table, but may not look or taste as good
- Always include an icepack in lunchboxes to keep food cool and eat any risky foods within four hours. After four hours, risky food needs to be thrown out – it is unsafe to eat

Food	Cupboard	Fridge	Freezer	Tips
Meat	Store these foods in the coldest part of the fridge	3-5 days	4-12 months	Larger cuts of meat, like roasts, can be frozen for longer
Minced meat and offal		2-3 days	3-4 months	
Seafood		3 days	2-3 months	
Seafood with hard shells like prawns or oysters		2 days	2-3 months	
Cured meat like bacon or ham		2-3 weeks	1-2 months	If the meat is slimy or smells 'off' throw it out
Poultry		3 days	3-12 months	Whole birds can be frozen for longer
Cooked food		Cooked food should be stored in the fridge and eaten within 3-5 days	2-3 months	Store cooked food in a glass or plastic container with a fitted lid, in the fridge on a shelf above raw foods



Food	Cupboard	Fridge	Freezer	Tips
Scones, muffins, biscuits, cakes	Store in an airtight container	Any foods cooked with cream, eggs or cheese should be stored in the fridge and eaten within 3 days	2-4 months	
Bread	2-5 days	Bread will dry out in the fridge	4 months	Store sliced bread in the wrapper it was bought in and try to remove all the air from the bag before freezing
Milk	Store long life milk in the fridge after opening	5-7 days after opening	1 month	Shake thawed milk before using
Eggs	These foods must be stored in the fridge	Check the label	12 months	Store eggs in the egg carton in the fridge or the covered 'egg' section of the fridge
Cream		5 days		
Cheese		1-3 months		If the cheese has mould on it, throw it out
Butter		Up to 8 weeks	6 months	
Margarine and fat		Up to 6 months		
Oil	Check the label			
Fruit juice	Store long life juice in the fridge after opening	7-14 days after opening		Do not store juice in an open can. Transfer to a glass or plastic bottle after opening and store in the fridge
Fruit	Unripe fruit can be kept at room temperature to ripen	Once fruit is ripe, store in the fridge to keep fresh for longer	12 months	Check the Go for 2&5® website for tips on how to store fruit http://www.gofor2and5.com.au/
Vegetables	Store white, brown & Spanish onions and potatoes in a cool dark place	Most vegetables can be stored in the fridge	6 months	Check the Go for 2&5® website for tips on how to store vegetables http://www.gofor2and5.com.au/
Canned food	Up to 12 months	When opened, store in a glass or plastic container		Treat canned food like fresh food of the same kind after opening
Uncooked rice, flour, pasta and cereals	Keep in an airtight container	Cooked food should be stored in the fridge and eaten within 3-5 days	Cooked food can be frozen for 2-3 months	Store cooked food in a glass or plastic container with a fitted lid, in the fridge on a shelf above raw foods
Purchased frozen food			Check the label	Don't re-freeze frozen food once it has been thawed

