

Store food safely

Developed by HELPP, Funded by SA Health, and managed by Nutrition & Dietetics, Flinders University
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Bread

Can be frozen for later use
(4 months)

Leftovers

Cool quickly and store in the fridge in a non-metallic container with a lid (2-3 days) or can be frozen (2-3 months)

Cured meat (ham, bacon)

Cover and keep separate from raw foods (2-3 weeks)

Eggs

Store in the carton or in the covered 'egg' compartment (check the label for 'best before' date)

Raw meat

Covered, on a plate, on the lowest shelf of the fridge (3-4 days) or can be frozen (3-12mths). Thaw in the fridge before use

Fruit and vegetables

Ripen in a fruit bowl, then place in the crisper of the fridge to keep fresh



Purchased frozen food

Once thawed do not re-freeze (check the label for 'best before' or 'use by' date)

Milk, yoghurt, cream, cheese, margarine and butter

Store in the fridge (check the label for 'best before' or 'use by' date). Long life milk should be stored in the fridge and then used within 7 days after opening

Opened jars, cans and bottles

Store in a non-metallic container with a lid and treat like fresh food of the same kind once opened (check the label for storage instructions)

If in doubt...throw it out!