

# FRIDGE-FREEZER STORAGE

DAIRY. CHEESE. BUTTER. EGGS. YOGHURT



DON'T OVERFILL: LET AIR CIRCULATE THROUGH SHELVES

DELI MEAT. COOKED FOOD



BE COOL: NEVER PUT WARM FOOD IN THE FRIDGE

RAW MEAT



RAW FISH

PUT RAW FOOD ON A PLATE OR IN A TUB TO CATCH DRIPS

VEG



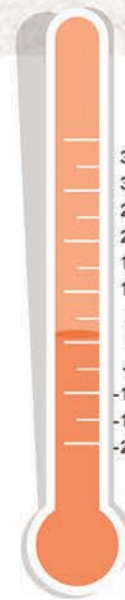
FRUIT



KEEP FRUIT AND VEGETABLES IN SEPERATE FRIDGE DRAWERS



Don't keep bananas, potatoes, onions and garlic in the fridge.



DRY GOODS	10/15°C
FRUIT/VEG	3/7°C
DAIRY	2/4°C
MEAT	0/2°C
FISH	-1/1°C
FREEZER	-18°C

*Food Storage Temperatures*

Meat		MTHS
	Steaks	6-12
	Chops	4-6
	Joints	9-12
	Mince	3-4
	Bacon	1
	Sausages	1-2
	Soups	4
	Stock	4-6
	Stews	4-6
Poultry		MTHS
	Whole	1
	Part	6-9
	Eggs (not in shell)	9
Fish		MTHS
	Lean	6
	Oily	2-3
	Breaded	4-6
	Cooked	4-6
	Smoked	2
	Seafood	2
Dairy		MTHS
	Butter	9
	Margarine	12
	Ice Cream	2
	Cheese	6
	Yoghurt	1-2
Basics		MTHS
	Rice	6
	Flour	12
	Bread	3
	Cakes	2-3
	Pastries	4-6
	Pizza	1-2
	Herbs	12+
	Spices	12+
	Nuts	9-12
	Tofu	5
	Juice carton	8-12
	Fruit	12
	Vegetables	8