

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**10 Simple Ways To Safely Store Food**

By Terry Nicholls

**10 Simple Ways To Safely Store Food**

by: **Terry Nicholls**

Storing foods can present its own set of problems. And different types of foods have different storage requirements to prevent bacteria from setting in. Here's some tips to protect your family and yourself.

Storing Vegetables

1. Vegetables should be stored in the vegetable crisper in the refrigerator. However, keep potatoes, sweet potatoes, onions, and garlic in a cool, dark, well ventilated place, but not in the refrigerator. Tomatoes have better flavor if they are not refrigerated. Once cut, tomatoes should be refrigerated like any vegetable.
2. Store vegetables in the refrigerator crisper in plastic bags to prevent loss of moisture and nutritional values. However, eggplant and capsicums should be stored open in the crisper as they sweat if stored in plastic bags. Put mushrooms in a paper bag (not in a plastic bag) before placing them in the crisper.

Storing Fruits

3. Apples and berries should always be kept in the refrigerator for maximum crispness. Summer stone fruits and melons should sit at room temperature until they are ripe, then go into the refrigerator. Grapes & fruits that are not yet fully ripe can be left in a fruit bowl in the kitchen.
4. Citrus fruits are fine at room temperature unless it is very hot, in which case, put them in the refrigerator. Bananas should be kept at cool room temperature. Their skins become black if they are refrigerated, although the flesh is still fine to eat.

Storing Dairy Products

## 10 Simple Ways To Safely Store Food

5. Always check the expiry date on dairy products, especially milk. Don't buy milk if it will expire in 2–3 days. Milk generally starts giving smell before its expiry date even if you store it in the refrigerator! Generally, milk bottles at the front of the shelf in the supermarket have an expiry date of only a few days. Look for bottles at the back of the shelf.

### Storing Frozen Foods

6. Pack all your frozen foods together in an insulated container to keep them frozen until you get home. If foods defrost on the way home and you re-freeze them in a domestic freezer, large ice crystals will form and can rupture cell membranes in the food allowing nutrients to escape. Keep frozen foods frozen to maintain quality, as bacteria will begin to multiply when the food is thawed.

### Storing Meat Products

7. Fresh meat, chicken, and fish always carry some bacteria so these foods must always be kept cold. Bacterial growth slows down in the refrigerator; at room temperature, they grow rapidly. Cooking kills these bacteria. Store meat, seafood and chicken in the coldest part of the refrigerator. See that any uncooked products do not come into contact with other foods in the refrigerator. They should be stored at the bottom part of the refrigerator so that any juices that drip out won't contaminate other foods on lower shelves.

8. Make sure that fish or other seafood are wrapped and use as soon as possible. Throw them out if not used within two days.

9. If you are going to freeze meat, seafood or poultry, enclose it in freezer wrap and freeze as soon as possible after bringing it home. Store eggs in the refrigerator, preferably in their cartons, as it provides protection and prevents moisture loss through the shell.

### Storing Other Products

10. Do not allow pet foods to come into contact with human foods. Pantry items (canned foods, cereals, etc.) should be stored in a dark place like in a cupboard or pantry. Keep oils out of direct light.

Copyright (c) Terry Nicholls. All Rights Reserved.

Terry Nicholls is the author of the eBook "Food Safety: Protecting Your Family From Food Poisoning". For more tips like these, and to learn more about his book, visit his website at

## **Food Safety 101**

### **By News Canada**

(NC)—Bagged lunches are healthy, economical and nutritious. But they also pose the threat of hosting harmful bacteria, unless food is handled and packed properly. Use the following tips as your study

## 10 Simple Ways To Safely Store Food

guide for "Food Safety 101":

- Spill-proof, seal-able bags are a must for transporting and storing food safely. Stock up on these items to keep leftovers ready for the lunch box.
- Preparing lunch the night before is a great time-saver. Store lunches safely in the refrigerator overnight.
- Prepare a clean surface for lunch packing. Wash your hands, utensils and counter with hot, soapy water to destroy bacteria.
- Sandwiches are a popular lunchtime staple: look for lunchmeat with a reputable brand name to ensure food safety. Maple Leaf, for instance, has made food safety a top priority and is committed to providing customers with the highest standards of food safety assurance.
- Consider using an insulated travel bottle. It will keep leftover soup, chili or stew safe and hot until you're ready to enjoy it.
- Look for a freezer gel pack and an insulated lunch box. These items will keep foods like sandwiches cool until lunchtime, preventing bacterial growth.
- Store your lunch in a refrigerator at work or school, if possible. If not, avoid leaving your lunch in direct sunlight or near any heat source.

Congratulations, you are now a "Food Safety 101" graduate. You are certified to pack safe bagged lunches, and to teach your favourite students about the importance of food safety. For graduate-level food safety tips, visit

.

– News Canada

provides a wide selection of current, ready-to-use copyright free news stories and ideas

for Television, Print, Radio, and the Web.

is a niche service in public relations, offering access to print, radio, television, and now

the Internet media, with ready-to-use, editorial "fill" items. Monitoring and analysis are two more of our

primary services. The service supplies access to the national media for marketers in the private, the public, and the not-for-profit sectors. Your corporate and product news, consumer tips and information are packaged in a variety of ready-to-use formats and are made available to every Canadian media organization including weekly and daily newspapers, cable and commercial television stations, radio stations, as well as the Web sites Canadians visit most often. Visit

## 10 Simple Ways To Safely Store Food

and learn more about

the NC services.

### Related Content:

Food Safety 101

Hot Enough For You? Only The Thermometer Knows

10 Smoky Tips To BBQ Food Safely

Quality Dog Food Is Essential For The Health Of Dogs

Food Safety Tips For Barbecuing

Read more Content at

### Related Products:

147 Killer Epublishing Strategies

Smoothies for Athletes

Starting a Successful Retail Business

Complete Library Of Cooking

Recipes from the Heartland

: A genuine resource center for Quality Ebooks and Softwares



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**