



Food Safety at home
Fridge storage



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Some food needs to be kept in the fridge to help stop bacteria growing. These include foods with a 'use-by' date, cooked foods and ready to eat foods.

How to prevent bacteria from growing:

-  Keep your fridge temperature below 5°C.
-  When preparing food, keep it out of the fridge for the shortest time possible.
-  Cool down leftovers as quickly as possible (ideally within 90 mins), store them in the fridge and eat within two days.
-  Store eggs in their box in the fridge.
-  Never put open cans in the fridge, as the metal may transfer to the can's contents – place the contact in a storage container or covered bowl instead.
-  Clean your fridge regularly to ensure it remains hygienic and in good working order.

Use-by dates:

-  'Use-by' dates appear on foods that go off quite quickly. It can be dangerous to eat foods past this date.
-  'Best before' dates are for foods with a longer life. They show how long the food will be at its best quality. Best before dates are about quality not safety.

Freezing and defrosting:

-  Keep your freezer temperature between -18 and -23°C.
-  It's safe to freeze meat and fish as long as you freeze it before the use-by date.
-  Defrost meat and fish thoroughly before cooking.
-  Defrost meat and fish in a microwave if you intend to cook it straight away, or put it in the fridge to thaw so it doesn't get too warm.
-  Cook food until it's piping hot all the way through.

Re-freezing:

-  Never re-freeze raw meat (including poultry) or fish that has been defrosted. It is possible to re-freeze cooked meat once, as long as it has been cooled before going into the freezer.
-  Frozen raw foods can be defrosted once and stored in the fridge for up to two days before they need to be cooked or thrown away.
-  When re-heating food, make sure it is heated until it reached a temperature of 70°C for two minutes.

Storing meat:

-  It's particularly important to store meat safely in the fridge to stop bacteria from spreading to avoid food poisoning.
-  Store raw meat and poultry in clean, sealed containers on the bottom shelf of the fridge, so they can't touch or drip onto other food. Do not eat meat after its use-by date.
-  Keep cooked meat separate from raw meat.

How to fill your fridge

Ready to eat foods

Such as dairy products, yoghurts, cream

..... cream cakes, butter/margarine, cooked meats, leftovers covered, other packaged foods, e.g. coleslaw, tomato ketchup, jams etc.

TOP SHELVES AND MIDDLE SHELVES

Raw meat, poultry and fish

Always cover and keep in sealed containers

BOTTOM SHELVES

Salad Vegetables, Fruit and vegetables

Keep ready to eat fruit and vegetables in sealed bags / containers. Always wash raw fruit and vegetables before use.

BOTTOM SHELVES

Correct fridge temperature 2 - 5°C

If you're interested in learning more please contact Anna Jones, Food Sharing Officer on 0161 474 4760 or email pantry@stockporthomes.org