



# Food Storage

- Always refrigerate perishable food within 2 hours.
- Check the temperature of your refrigerator and freezer.
- Cook or freeze fresh poultry, fish, ground meats, and variety meats within 2 days; other beef, veal, lamb, pork, within 3 to 5 days.
- Perishable food such as meat should be wrapped securely.
- To maintain quality when freezing meat and poultry in its original package, wrap the package again with foil or plastic wrap that is recommended for the freezer.
- Canned foods are safe indefinitely if they are not exposed to freezing temperatures, or temperatures above 90 °F.
- High-acid canned food (tomatoes, fruits) will keep their best quality for 12 to 18 months; low acid canned food (meats, vegetables) for 2 to 5 years.

Food Storage is important to keep food fresh and safe.

Meat and poultry should be stored below other foods such as milk and vegetables so that there isn't a possibility of it dripping and contaminating the other food.