

How to Store Food Safely

● Top shelf

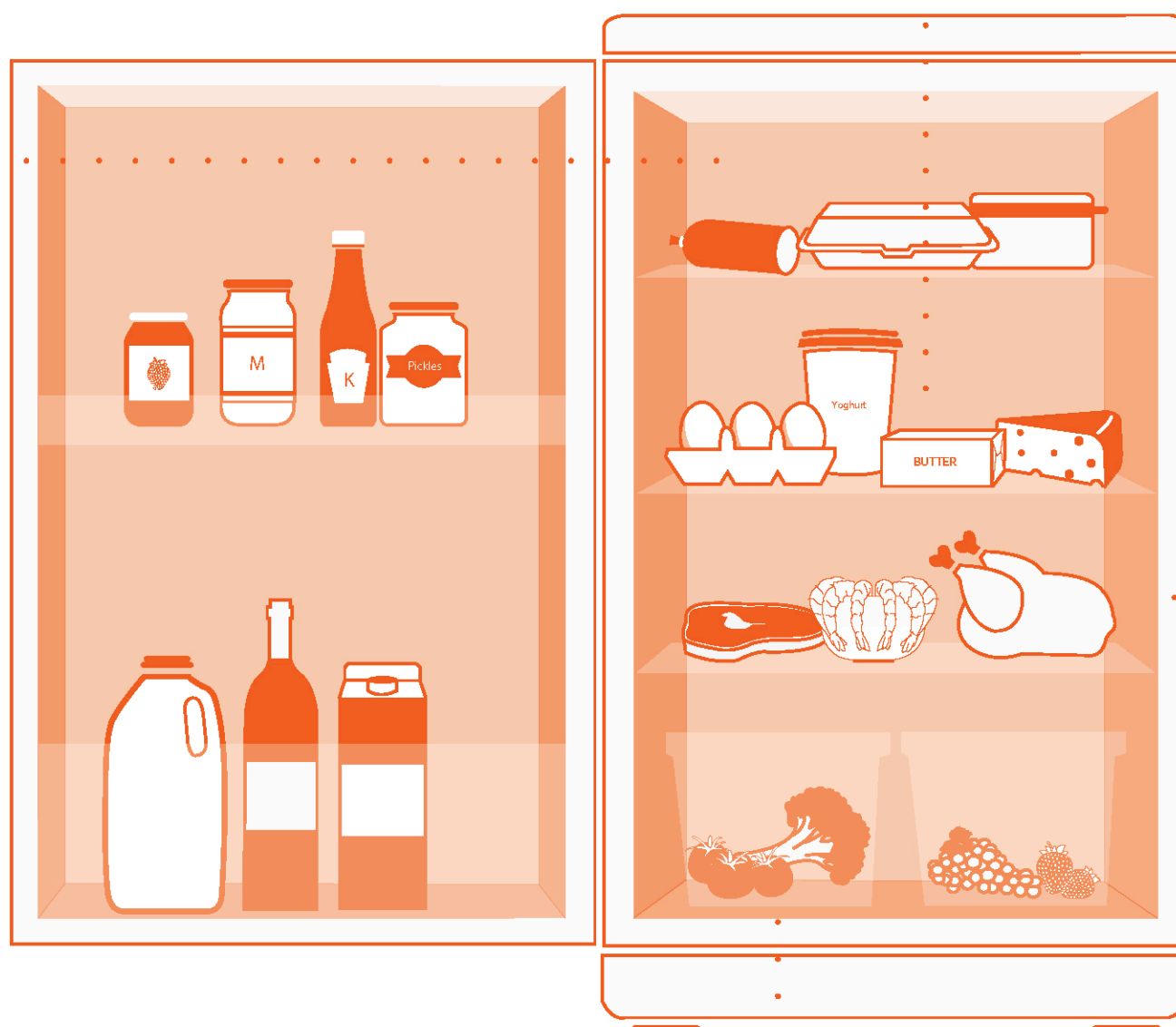
- Foods that don't need to be cooked should be stored on the top shelf.
- This includes sandwich meat, leftover meals and takeaway boxes.
- Leftover food can last up to 4 days on the top shelf.

● Middle shelf

- Dairy products and ready-to-eat foods should be stored on the middle shelves as they tend to have the most consistent temperatures.

● Lower shelf

- This is the coolest part of the fridge and where wrapped raw meat and seafood should be kept. This also minimises the risk of cross-contamination.



● Fridge Doors

The fridge doors are the warmest part of the fridge as they are opened and closed often, and are therefore more susceptible to temperature fluctuations. Foods with a natural preservative and are less likely to spoil should be stored here.

● Drawers

Fruit and vegetables should be kept in separate drawers. This is because some fruits – such as peaches, plums and pears – produce a gas that makes vegetables rot at a faster pace.

For information on our food safety and hygiene courses, please visit
www.virtual-college.co.uk/food-hygiene-training