

STORAGE HACKS

Thawing, Cooking, Cooling and Reheating of Food:

Tip 1: Thaw meat and other foods on the bottom shelf of the fridge, do not thaw food on a bench at room temperature. Defrost meats all the way through before cooking to ensure the centre will cook completely.

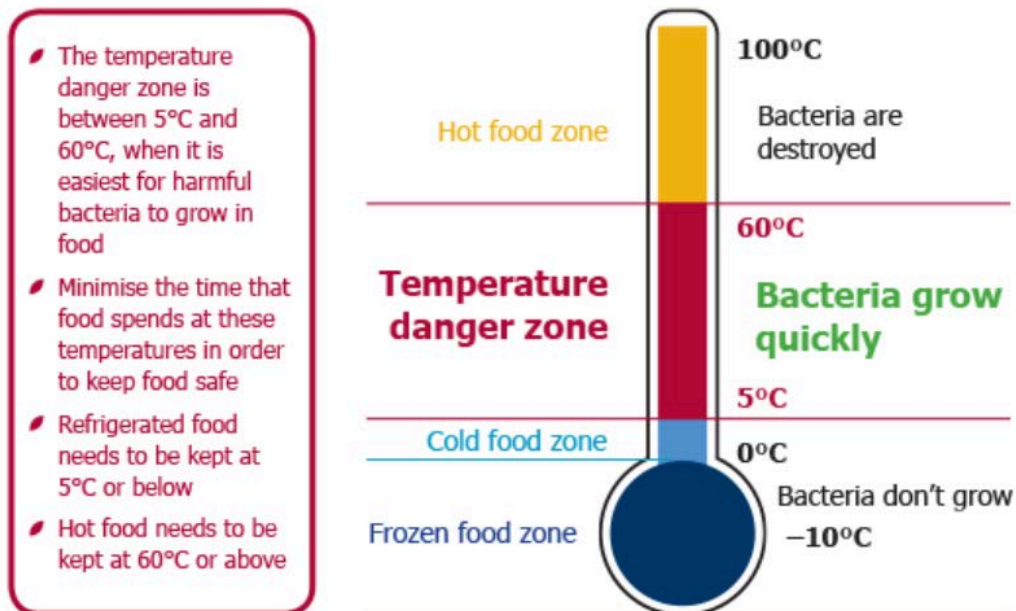
Tip 2: Ensure whole pieces of meat such as steak are seared on the outside and not eaten raw.

Tip 3: Make sure all processed meats such as mince and sausages are cooked all the way through.

Tip 4: When microwaving foods, always rotate and stir the food during cooking to obtain a more even heat and prevent cold spots.

Tip 5: Ensure food is allowed to cool prior to being placed in the fridge. Divide large portions into shallow dishes to increase the rate of cooling.

Tip 6: When reheating foods, heat until steaming hot to kill any bacteria which may have grown on the food in the fridge.



(SA Health 2017)

FRIDGE STORAGE TIPS

The way that you store your fridge ultimately determines the freshness and longevity of the food inside. By storing items correctly, you can also cut down on electricity costs. Here is an example of the best method to store your food to keep them fresher for longer.

