



## Food Storage

### True or False Answers

#### What did you think?

1. True Never store raw and cooked food side by side. Foods can become contaminated.
2. False Contaminated food is not easy to spot - it often looks and smells 'perfect'.
3. False Raw meat can be stored anywhere in the fridge. However, it should always be stored in the bottom of the fridge, so that it does not drip onto other foods, which can cause contamination.
4. True Dairy food should occupy the top shelf in the fridge, followed by cooked foods.
5. True Putting hot food into the fridge will raise the fridge temperature. Cool the food before refrigerating. To cool the food as quickly as possible, keep uncovered.
6. True The proper temperature of your fridge should be between 0-3C°.
7. True The proper freezer temperature should be -18C°.
8. False Frozen uncooked poultry can be refrozen if only partially thawed out.
9. False A word of caution. Never refreeze vegetables.
10. False Fresh apples and peaches must be blanched before freezing, if they are to be used in pie fillings.