

STORING FOOD SAFELY



FEAST
FOOD EDUCATION AND
SUSTAINABILITY TRAINING

DID YOU KNOW THAT STORING FOOD PROPERLY CAN REDUCE FOOD WASTE?

- Question: What is the best way to store food at home?
- Scenario: Storing food correctly can make it last longer, but it does not all go in the same place. So, it's important to understand how and where it should go so you can avoid food waste
- Here are places you can store food:
 - Fridge – for foods that you need to keep cold, but not frozen. Foods that are best kept in the fridge are dairy, meat, fruit and vegetables.
 - Freezer – for foods that you need to last for a very long time. Foods you can freeze include meat, bread, leftovers and frozen meals.
 - Pantry cupboard– for foods that are safe to be stored at room temperature. Foods that you can keep in the pantry cupboard include flour, cereal, potatoes, onions, spices and unopened cans and jars.



— Task:

Option 1: Ask an adult to take some ingredients out of your fridge, freezer and pantry. Then, go in to the kitchen with the adult and put the ingredients back where you think they go – talk about why you have chosen to put them there.

Option 2: Use the Storing Food Safely worksheet on the next page to draw a line or select where you think the ingredients go.



Watch this short video with an adult to learn more about storing your food correctly:

[What's the deal with food storage? By the Do Something Foundation. \(YouTube Video\).](#)



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Draw a line to where you think the ingredients go.

canned tomatoes

bread

Bananas

yoghurt

dry pasta

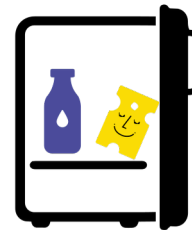
eggs

potatoes

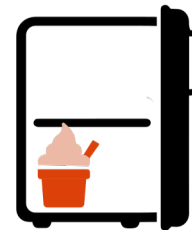
carrots

bag of peas

Fridge



Freezer



pantry cupboard



Did you know? You
can freeze ripe
bananas in a snap-
lock bag for delicious
smoothies



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suggested answer sheet

canned tomatoes	Pantry cupboard - if the can is open, transfer the tomatoes into an airtight container and keep it in the fridge. You should never keep open cans in the fridge.
bread	Pantry cupboard or freezer – storing it in the fridge can make bread go stale faster.
Bananas	Pantry cupboard or in the fruit bowl - bananas in the fridge makes the skin go black, but you can freeze them. Just make sure you peel and chop them first.
yoghurt	Fridge – dairy can grow bacteria if it isn't kept in the fridge.
dry pasta	Pantry cupboard - keep uncooked pasta in the pantry. Once opened put into an airtight container.
eggs	Fridge - did you know you can also freeze eggs? Crack them into a ziplock bag or container, lightly whisk and freeze
potatoes	Pantry cupboard – potatoes, onion and garlic are some vegetables that should be stored in the pantry instead of the fridge, as this prevents sweating meaning they don't sprout as quickly, and therefore last longer.
Carrots	Fridge – carrots last longer in the fridge than at room temperature.
bag of peas	Freezer – keep frozen foods frozen until you are ready to use them.

Well
done!

