

# Eating Well

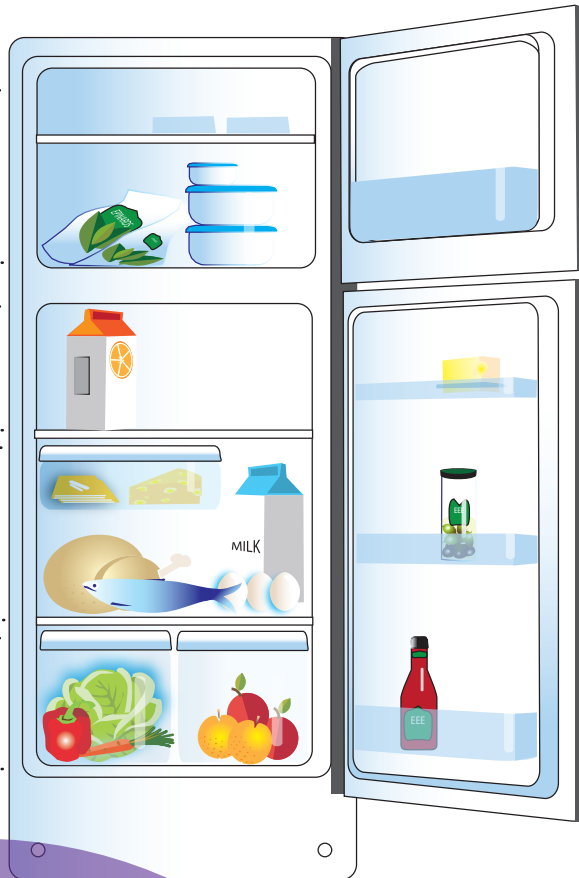
# 4

# At Low Cost

To ensure optimum storage of foods that need to be refrigerated or frozen.

## FOOD STORAGE

- FREEZER**  
-18°C  
Frozen products
- COOL SECTION**  
BETWEEN 4°C AND 6°C  
Juice
- COLDEST SECTION**  
BETWEEN 0°C AND 3°C  
Milk, eggs as well as meat, poultry and fish
- VEGETABLES DRAWER**  
BETWEEN 4°C AND 8°C  
Fresh fruits and vegetables



**TEMPERATE SECTION:**  
BETWEEN 6°C AND 8°C  
Butter and condiments

- Keep your refrigerator and freezer at the correct temperature, between 0°C and 4°C (refrigerator) and at -18°C or below (freezer).
- Certain foods need to be kept cold after use; store these quickly.
- To ensure that the refrigerator temperature does not exceed 4°C, install a thermometer and check it regularly.

- Meat, fish, dairy products and staple foods, raw or cooked, are at risk of bacterial contamination if they stay in the danger zone for too long. If those food products are left at room temperature for more than two hours, they should be discarded. This guideline also applies to meals cooked at home.
- For perishable foods (to be kept in the refrigerator and freezer), ask yourself the following question before consuming them:
  - Has the food been kept at the correct temperature as soon as it was purchased and immediately after each use to avoid the **danger zone**? If in doubt, discard the food.

## PRACTICAL Tips

**Do not store in the refrigerator:** tomatoes, potatoes (except new potatoes) and bananas.

**Thawed food items** must be consumed as soon as possible.

**Note:**

- Consume in less than 5 days all cooked meals or freeze them.
- Keep whole grain products in the fridge to avoid these from going rancid (whole wheat flour, brown rice, etc).
- Separate fruits from vegetables and pay attention to climacteric fruits (refer to tool #3)

## Food Storage Organization

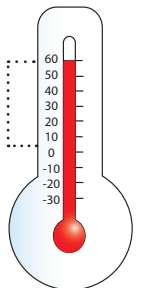
When you organize your fridge the proper way, it will help you to keep your food fresh for a longer period. The image above shows you where to best store different food items:

**TEMPERATE SECTION**  
Butter and condiments

**COLDEST SECTION**  
(the bottom shelf)  
Milk, eggs as well as meat, poultry and fish

**DANGER ZONE**  
4°C AND 60°C

The **DANGER ZONE** refers to the temperature range where the most rapid bacterial growth can occur, which is between 4°C and 60°C.



**AVENIR D'ENFANTS**  
DES COMMUNAUTÉS ENGAGÉES



The Dispensary is supported by Centraide and is a member of the Fondation OLO.

# EXPIRY DATE

It is possible for food to no longer be consumable before the expiry date. **The expiry date only applies to foods for which the original packaging has not yet been opened.**

Once the packaging is opened, the shelf life may change.

- The expiry date is not always a guarantee for the safety of the food. Rather, it is an indication to consumers of the freshness and potential shelf life of unopened foods that have been properly stored.
- Here is how the date should be indicated by the manufacturer: YYYY / MM / DD
- **“Consume before”** or **“best before”** These terms can be synonymous.
- For other food products, the **“best before”** date does not mean that the product will be unsafe for consumption once the date has passed.
- **“Expiration date”** This term can be found on baby formula products. When this date has passed, it is very important to discard the product.

Your senses are your allies in judging the quality of a food. For example, for dairy products, appearance and smell are excellent indicators of food safety

## RISK OF contamination

People with weakened immune systems, such as pregnant women\*, young children and the elderly, are more likely to develop foodborne illnesses. These groups of individuals should pay particular attention to the handling, preparation and storage of perishable foods and remain well informed about expiry dates and foods at risk of contamination.

\*for more detailed information on food safety and pregnancy, consult the Dispensary's Nurturing Life program at [dispensaire.ca/en](http://dispensaire.ca/en).

## Perishable Food

to be consumed  
**BEFORE THE EXPIRY DATE:**

- Fresh meat
- Fish and seafood
- Cured meats, pâté
- Refrigerated sauces
- Soft cheeses
- Sprouts, shoots
- Fresh vegetable products in oil
- Pasta salads, etc.
- Infant milk formula, baby food

### AFTER OPENING

Consume the food as soon as possible or as directed by the manufacturer.

## Perishable Food

that can be consumed  
**AFTER THE EXPIRY DATE,  
UNLESS THEY ARE ALTERED:**

- Whole fresh fruits and vegetables
- Refrigerated pasteurized fruit juice
- Vinaigrettes, marinades
- Milk, cream, yogurt, kefir
- Hard or firm cheese, processed cheese products
- Butter, margarine
- Eggs
- Dry sausages
- Bakery products

### AFTER OPENING

Use your senses to judge the quality of these foods (smell, color, unusual textures).

## Perishable Food

that can be consumed  
**AFTER THE EXPIRY DATE,  
UNLESS THEY ARE ALTERED:**

- Frozen foods (meat, bread, vegetables, etc.)
- Pasteurized juice kept at room temperature
- Canned goods
- Dry cereals
- Condiments
- Jam
- Flour, rice, pasta, etc.
- Olives
- Sauces

In the case of foods with a shelf life of more than 90 days, i.e. non-perishable foods, it is not mandatory to indicate an expiry date. However, some manufacturers still choose to do so. In this case, simply note that eating these products past the indicated date will not be dangerous for your health, however changes to texture and taste may occur. Be flexible with the expiry dates of foods in the pantry.

## Conservation

Be sure to pay attention to the mention **KEEP REFRIGERATED AFTER OPENING.**

Note that foods retain their freshness when kept in their original packaging with the exception of canned foods.

For more information or recipe ideas to avoid food waste, visit the web site <https://www.lovefoodhatewaste.com/>