



Inside your fridge

Use the picture to find a safe place for each food.



Inside shelves

Milk, yoghurt and eggs. Keep eggs in their carton.

Ready-to-eat food

Cover cooked food. Store it above raw meat.

Lowest shelf: raw food

Keep raw meat and seafood in sealed, leakproof containers.

Fruit and vegetables

Use the crisper as suitable. Cover and chill cut produce.

FRIDGE: 5°C or colder. Keep raw food below ready-to-eat food.



Pantry, freezer and labels

Check the packet. Different foods need different storage.



01 Dry food

Keep in a cool, dry pantry.
Check labels after opening.



02 Frozen food

Keep food frozen solid at -18°C or colder.
Follow storage directions.



03 Write the date today

Write today's date when you cook, open
or freeze food. Use Cooked on, Opened
on or Frozen on. Later, count back to that
date.

For leftovers, count from the cooking date. Keep the packet's use-by date and storage advice.