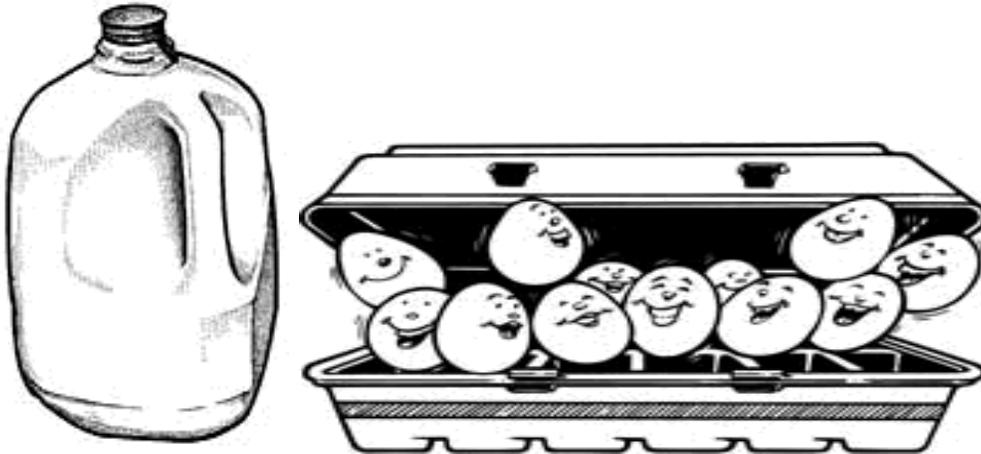


Safety Tip of the Week Food Storage

AFRH

Safety Office wants remind you of some food storage tips to protect yourself and your family.



1. Refrigerate or freeze meat and poultry the minute you get home.
2. Don't store foods like milk/eggs in the door. Store eggs in their carton & on an inside shelf.
3. Divide leftovers into small portions and store them in shallow, tightly sealed containers.
4. Date leftovers so you know how long they've been in the refrigerator.
5. Rule of thumb: discard cooked leftovers after four days.
6. Prompt refrigeration rule of thumb: food should not stay out for more than two hours. In hot weather (90 degrees or above), time is reduced to one hour.

