



# Food Storage

## SafeTips from the Naval Safety Center

Quick and easy summaries to find out about something new you're doing or as a refresher for something you haven't done in a while. They're a great training tool to pass around at meetings, through e-mail, or post on bulletin boards.

- ⇒ Keep your refrigerator clean. Immediately wipe up spills with hot, soapy water and rinse.
- ⇒ Refrigerate or freeze meat and poultry the minute you get home from the store.
- ⇒ Thaw foods in the refrigerator; under cold, running water; or in a microwave right before cooking. Because of room temperature and the high risk for bacterial contamination, avoid using a counter top for thawing food. Remember, the danger zone is 40 to 140 degrees Fahrenheit.
- ⇒ Make it a weekly habit to throw out expired foods that you no longer should eat.
- ⇒ Divide leftovers into small portions and store them in shallow, tightly sealed containers (two inches deep or less). Date leftovers so you know how long they've been in the refrigerator. A good rule to follow is to discard cooked leftovers after four days.
- ⇒ Keep the refrigerator door closed as much as possible, and don't store perishable foods like milk or eggs in the door. Store eggs in their carton on an inside shelf.
- ⇒ Remember the two-hour rule for prompt refrigeration. Perishable leftovers from a meal should not stay out of the refrigerator more than two hours. In hot weather (90 degrees Fahrenheit or above), this time is reduced to one hour.
- ⇒ When in doubt, throw it out!
- ⇒ Before you leave your house for a trip try placing an ice cube in a sandwich bag and place it in your freezer. This is a great way to tell if the power has gone out while you were away. If you come back to a nice blob instead of an ice cube, you can safely assume that all your perishables need to be thrown out.
- ⇒ Other ways to tell if your power has gone out while you were away are:
  1. The scoop marks have disappeared from the ice cream.
  2. Frozen vegetables are a solid clump.

[www.public.navy.mil/navsafecen/pages/media/index-safetips.aspx](http://www.public.navy.mil/navsafecen/pages/media/index-safetips.aspx)



Naval Safety Center  
375 A Street  
Norfolk, VA 23511-4399

Contact the Media Division  
(757) 444-3520 ext. 7870  
safe-mediafdbk@navy.mil