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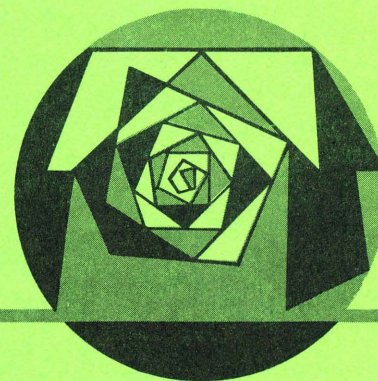
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Keep Food Safe Handout- Expanded Nutrition & Family Programs
Michigan State University
Cooperative Extension Service
January 1981
2 pages

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Expanded Nutrition & Family Programs



Keep Food Safe

How Long Can I Store These Foods?

(H)

FOOD	STORAGE	RECOMMENDED STORAGE TIME
Breads	Original wrapper in the freezer.	2-3 months
Cereals, dry milk, flour, spices, sugar	Tightly closed cans or packages on kitchen shelf or in the refrigerator. Store away from heat.	Indefinitely
Fats, oils, peanut butter, margarine	Small containers, tightly covered in the refrigerator after opening.	Margarine—2 weeks Others—1 or more months
Fish, poultry, ground meat	Original wrapper in coldest part of refrigerator.	1-2 days
Cold cuts, meats, fresh roasts, chops	Cover loosely and refrigerate.	3-5 days
Leftover cooked meats and main dishes	In tightly covered container after quickly cooling. Refrigerate promptly.	3-4 days Exception: Cooked ham, 1 week Poultry stuffing, 1-2 days
Fresh milk	Tightly closed container in refrigerator.	1 week
Cheese, hard	Wrap tightly. Refrigerate	Several months
Cheese, cottage	Cover tightly and refrigerate.	5-7 days
Fresh fruit	In refrigerator after fruit is ripe.	3-5 days Citrus fruit—2 weeks Berries—2-3 days



EXPANDED NUTRITION & FAMILY PROGRAMS

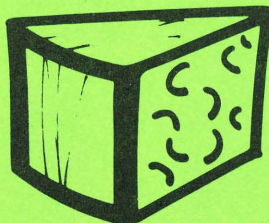
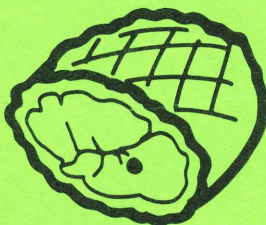
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Store Food

Do you sometimes throw food away because it's spoiled?
 You can prevent spoilage by storing food . . .

- At the right time . . . while it's fresh
- At the right temperature
- In the right place

WHERE would you put each of the foods pictured below? (Draw a line from the food picture to the place where it should be stored.)



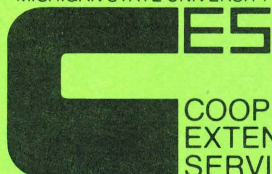
FREEZER

REFRIGERATOR

SHELF

**COOL PLACE
(CELLAR)**

MICHIGAN STATE UNIVERSITY



**COOPERATIVE
EXTENSION
SERVICE**

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Issued in furtherance of cooperative extension work in agriculture and home economics, acts of May 8, and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Gordon E. Guyer, Director, Cooperative Extension Service, Michigan State University, E. Lansing, MI 48824.

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O-12713