

FOOD FRIENDLY FRIDGE

IF IN
DOUBT,
THROW
IT OUT!



Ready to eat

These foods can be eaten raw and don't need further cooking. Packaged foods that say 'refridgerate after opening' should be stored here.



Reheat

Leftovers that need to be reheated should be stored here.



Raw

Store raw foods at the bottom of the fridge.



Fruit and Veggie Crispers

Store your fruit and veggies in the drawers or 'crispers' of the fridge. The enclosed space stops the moisture from evaporating from the fruit and veggies keeping them fresher and crisper.

4°C

TIPS

DON'T LEAVE FOOD IN AN OPEN CAN IN THE FRIDGE, EMPTY THE CAN AND SEAL FOOD IN A CONTAINER.

DON'T REFREEZE THAWED FOODS!

SET THE FRIDGE TEMPERATURE AT 4°C

REMEMBER - EAT THE BEST AND LEAVE THE REST :)

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Source: Australian Guide to Healthy Eating
www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating

