

## Dry Foods

- ✓ The storeroom should be easy to keep clean and free from rodents and vermin. This means all wall, ceiling, and floor openings should be sealed and protected to prevent access.
- ✓ Shelving must be at least 15 cm (6 in.) above the floor. Do not store items right on the floor.

## Refrigerated Products

The refrigerator, whether a walk-in or a standard upright, is an important component in planning the storage of food items. Most fresh foods must be stored in the refrigerator to delay their deterioration and decomposition. The most basic rule must be always followed: store raw products below, *never* above, your cooked or ready-to-eat products.

### Critical Control Point

Keep foods 4°C (39°F) or colder, the safe temperature for refrigerated storage.

- ✓ Store raw products below cooked or ready-to-eat products.
- ✓ Develop and follow a FIFO (first in first out) system for refrigerated food.
- ✓ Never put hot foods in the refrigerator unless absolutely necessary.

## Dairy Products

Dairy products must be stored in the refrigerator at temperatures of 2°C to 4°C Follow these guidelines:

- ✓ The fat in dairy products has a tendency to absorb strong odours from the storage surroundings. To reduce the likelihood of this happening, store dairy products in their own area in protective coverings.

## Produce

Most produce is stored in the refrigerator at 2° to 4°C to ensure freshness and to prevent rapid deterioration. There are, however, a number of exceptions, including potatoes and bananas, which should be stored at higher temperatures.

Keep these factors in mind when storing produce:

- ✓ Soft fruits should not be stored too long. It is often best to buy soft fruit as you need it, keeping very little on hand.
- ✓ Unripe fruit can be ripened at storeroom temperatures of 10°C to 15°C. It will ripen much more slowly under refrigerator conditions.
- ✓ Be aware of special storage problems. For example, bananas stored in the refrigerator turn black quickly. Bananas should be stored under conditions where the temperature range is 10°C to 15°C

## Fresh Meats, Poultry, and Seafood

These items are the most difficult to store and the most expensive food items sold by the restaurant. When storing meats, poultry, and seafood items, remember the critical control point.

### Critical Control Point

Keep foods 4°C (39°F) or colder, the safe temperature for refrigerated storage.

Keep these factors in mind when storing fresh meats, poultry, and produce:

- ✓ Fresh meat must not be kept too long. Boned meat should be kept no longer than three days. Individual cuts should be used within two days, preferably on the day they are cut.
- ✓ Individual meat cuts such as steaks, chops, stewing meat, and ground meat should be kept covered on plastic or stainless steel trays at 2°C to 4°C
- ✓ Fresh poultry should be packed in ice and stored in the refrigerator.
- ✓ Fresh seafood should be packed in ice, stored at -1°C to 2°C and used as soon as possible.
- ✓ Store raw products on the lower shelves of the refrigerator, below cooked products.

## Frozen Foods

Frozen foods should be stored at -18°C or lower. If the temperature rises above -18°C, food can become discoloured and lose vitamin content. Lowering the temperature after it has risen does not correct the damage.

### Critical Control Point

Frozen food must be kept at -18°C or lower to maintain its quality.

Keep these factors in mind when storing frozen foods:

- ✓ Fruit and vegetables that are received frozen will last for months if they are properly wrapped. Fish and meat properly wrapped also have a relatively long freezer shelf life.
- ✓ Fresh fruit must be properly prepared for freezing or it will not store well.
- ✓ All freezer products not properly wrapped will develop freezer burn, which is a loss of moisture that affects both the texture and the flavour of the food. A common sign of freezer burn is a white or grey dry spot developing on the surface of the frozen product. Meat is particularly susceptible to freezer burn.

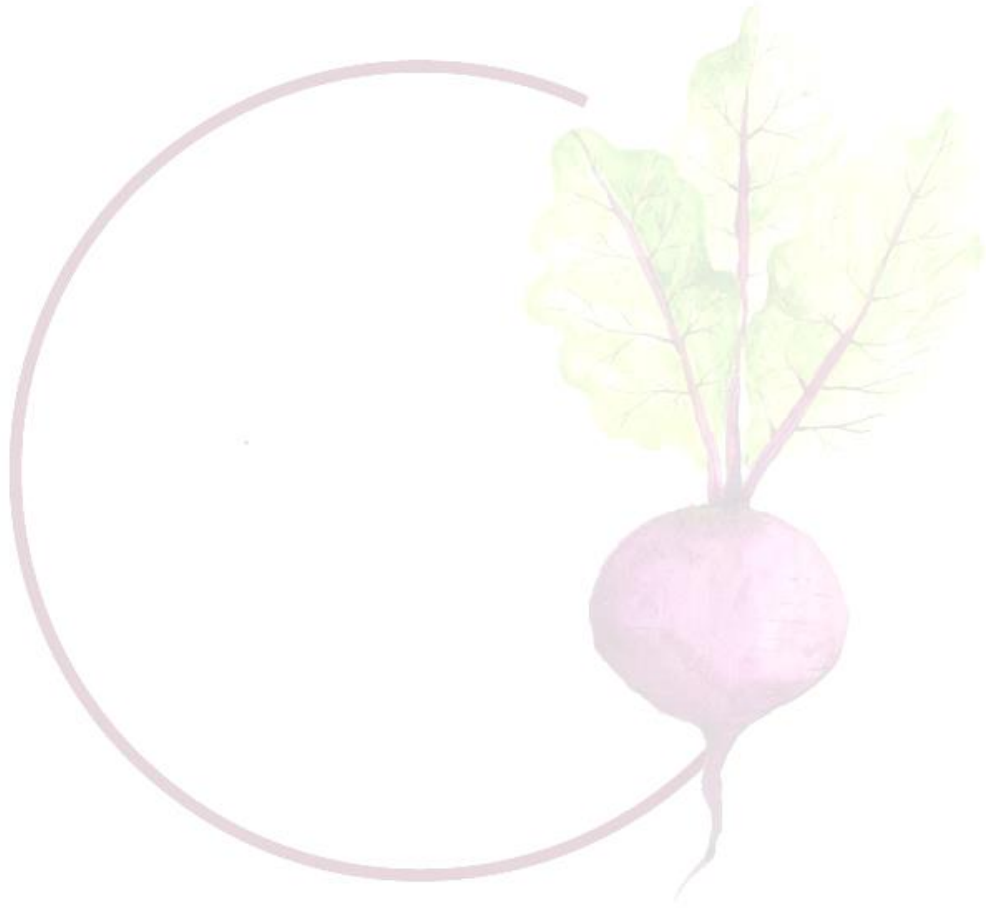
Food item	Room temperature	Refrigerator	Freezer	Additional
<b>DOUGH &amp; BREADS</b>				
Biscuits		Use by date	Don't freeze	
Fresh breads	Store at room temperature. Use within 3-5 days.	Storing in fridge will prevent staling.	3 months	Overwrap well to prevent drying out. Thaw at room temperature.
Unbaked bread dough		1-2 days	2 months	When frozen, might lead to not rising well
Pancakes		1-2 days	2 months	Freeze with wax paper between each two. Thaw in toaster
Tortillas, corn, flour		1 week	3 months	Wrap well
<b>DAIRY</b>				
Butter		1-3 months	6-9 months	Overwrap when freezing
Canned milk, opened		3-5 days		
Hard cheese (cheddar/swiss)		3-4 weeks	6 months	When frozen, best used in cooking. Thaw in refrigerator to minimize crumbling
Cheese, parmesan (Grated)			1-2 months	Repackage in freezer bags
Soft cheese (Brie)		1 week	6 months	Texture can change
Cottage cheese, Ricotta		1 week	Doesn't freeze well	
Cream cheese		2 weeks	Doesn't freeze well	
Ice creams / sorbet		Can't refrigerate	1-2 months	Overwrap
Milk		7 days	1 month	Allow room for expansion in freezer container, thaw in fridge. Use in cooking and baking
Sour cream		7 – 21 days	Doesn't freeze	Separates when thawed
Yoghurt		7 – 14 days	1-2 months	Texture changes
<b>EGGS</b>				
Eggs (fresh in shell)		3 – 5 weeks	Don't freeze	Shells break
Raw yolks		1 week	Don't freeze well	
Hard cooked eggs		1 week	Don't freeze well	Rubbery and water separates
Mayonnaise		2 months	Don't freeze	Refrigerate after opening

FRUIT				
Commercially frozen fruits			1 year	
Dried fruits (cooked)		3 - 5 days	4 -6 months	
Dried fruits (uncooked)		6 months	12 months	
Apples		3 -5 months		
Apricots, grapes, peaches, pears, plums, nectarines		3 -5 days	6 months	See preserving instructions
Avocados	2 -3 days after ripened	5 – 10 days		
Bananas	Store at room temperature			Freeze whole in skin
Berries, cherries		2 – 3 days	Freeze individually on cookie sheets, repackage in plastic bags	
Cranberries		3 - 4 weeks		8 – 12 months
Grapefruit	7 days	2 weeks	4 – 6 months	
Grapes		1 - 2 weeks		
Guavas, papayas		1 -2 days		
Kiwi fruit	3 -5 days after ripened	4 -6 months if unripe		
Lemon	1 week	2 - 5 weeks		
Melons		1 week	8 – 12 months	
Oranges	3 - 4 days	5 - 6 weeks		
Peaches	Ripen at room temperature	2 -3 days		
Pineapple	1 -2 days	3 -5 days		
Tangerines	2 -3 days	1 week		
Watermelon	Uncut watermelon can be stored at room temperature for a few days	6 - 8 days		
MEATS				
Store prepared or homemade egg,		3 -5 days	Doesn't freeze well	

chicken, ham, tuna macaroni salads				
Ham fully cooked		7 days	1 -2 months	
Steaks		3 – 5 days	6 – 12 months	Wrap individually
Chops		3 – 5 days	4 – 6 months	
Organ meat		1 – 2 months	3 – 4 months	
Soups (broth based)		3 – 4 days	4 months	Freeze in individual servings
Cream based soups		2 days	Don't freeze	
Cooked meat and meat casseroles		3 – 4 days	2 – 3 months	
Whole chicken, turkey, duck		1 – 2 days	1 year	Keep in original packaging
Chicken or turkey pieces		1 – 2 days	9 months	Overwrap well
Lean fish (haddock, cod, sole)		1 – 2 days	6 months	Wrap well
Fatty fish (Salmon, blue cheese, mackerel)		1 – 2 days	2 -3 months	Wrap extra well.
Cooked fish		3 – 4 days	4 – 6 months	Texture might become mushy
Smoked fish		14 days	2 months in vacuum pack	Vacuum pack
Cooked shellfish		3 – 4 days	3 months	
Lobster tails, raw			3 months	Wrap extra well
Cooked shrimp			Don't freeze	
<b>PANTRY ITEMS</b>				
Baking powder	Opened 6 months			
Baking soda	Opened 6 months			
Cereals, ready to eat	6 – 12 months			
Cocoa Mixes	Opened 3 -6 months			
Coconut (Canned/packaged)		6 months		Refrigerate after opening
Crackers	6 months		3 months	Freeze sleeves
Flour	6 - 8 months	6 – 8 months	1 year	Store in fridge
Herbs	6 months			
Honey	12 months			Cover tightly
Yellow mustard	Opened 6 -8 months			May be refrigerated, stir before using
Nuts	3 months	1 year	2 years	Refrigerate after shelling

Olives, bottled or canned	1 year			
Pasta	2 years			Once opened, store in airtight container
Peanut butter	Opened 2 -3 months			Refrigeration not necessary, but will last longer
Popcorn	1 – 2 years			Airtight container
Rice, white	2 + years			Keep tightly closed
Bottled salad dressings	3 months			Refrigerate after opening
Ground spices	6 months			Store in airtight container in dry place
Whole spices	1 – 2 years			Store in airtight container in dry place
Vinegar	12 months			Keep tightly closed
<b>VEGETABLES</b>				
Commercially frozen			1 year	Store in original packaging
Artichokes		1 week		
Asparagus		3 – 5 days	8 – 12 months	
Beets, Carrots		2 weeks	8 – 12 months	
Beans, broccoli, peas, squash		3 – 6 days	8 – 12 months	
Bell peppers		1 – 2 weeks	3 – 4 months	
Cabbage			Don't freeze	
Cauliflower		1 week	8 – 12 months	
Celery, chillies		1 week	8 – 12 months	
Corn			8 – 12 months	
Green onions		3 – 5 days	Don't freeze	
Greens (kale, spinach, swiss chard)		3 – 5 days	8 – 12 months	
Green beans		1 week	8 – 12 months	
Lettuce and salad greens		1 week	Don't freeze	
Mushrooms		1 – 2 days	8 – 12 months	Cook first, otherwise they become rubberlike
Radishes		2 weeks		
Squash	3 – 6 months			

Tomatoes			3 – 4 months	Use for cooking
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