



Proudly brought
to you by

alyasra
FOODS



WHAT'S IN YOUR FRIDGE?

Bacteria. So the next time things start heating up, remember that in order to get rid of our good ol' friend "bacteria", things need to get chilly.

CHILLit

We love a sunny day when we get to go out and mingle. Well, so does bacteria. In order to get rid of bacteria, things need to get real chilly. Find out if you're chilling it right by using the checklist below. Better yet, place it on your fridge as a reminder.

- Check if your freezer is at -18°C and your fridge is at 5°C
- Refrigerate perishable food items within 2 hours of exposure
- Throw away food items left in your fridge and freezer on a weekly basis. If anything in your fridge looks spoilt, throw it out
- Place older food items in the front and newer food items in the back of your fridge and freezer. You'll be reminded to use the older items first
- Place an open box of baking soda in the back of the fridge to get rid of bad smells and odors. Change this box every three months

THE 4 BASICS OF FOOD SAFETY

CLEAN

Wash your hands for 20 seconds before and after handling any food and wash surfaces and utensils after each use.

SEPARATE

Separate food items in the grocery cart, refrigerator and on the cutting board.

COOK

Cook food items at the right temperature by using a food thermometer.

CHILL

Chill food items in a freezer that is at least -18°C and refrigerate perishable food items within 2 hours of exposure.