

Refrigerated Foods

Refrigerated foods are items that need to be stored in a refrigerator kept at 40°F or below. These items come in different types of packaging and the shelf life may vary depending on the type of food item. Follow the “two-hour rule” and never allow items that require refrigeration to sit at room temperature for more than two hours, including meat, poultry, seafood, eggs, and dairy products. This recommendation decreases to one hour if the air temperature is above 90° F. Keep refrigerated foods safe to eat by storing them in the refrigerator immediately. Refrigeration maximizes the quality and shelf-life of foods.

Fresh Milk



Store milk in the coldest part of the refrigerator, which is usually furthest away from the door. Do not leave milk out of the refrigerator for any length of time. Milk is typically safe to use after the ‘sell by’ date, but milk with a sour smell, yellow color, or lumpy texture should not be consumed.

Fresh Cheese and Butter



Store in the refrigerator and keep tightly sealed to maximize the shelf life and quality.

Tip

Break down large packages of cheese into smaller portions by using resealable bags and air-tight containers to extend the shelf life of the product. When storing cheese in a resealable bag or air-tight container, remove as much air and moisture as possible to help prevent mold from forming.

Fresh Eggs



Store in the refrigerator until ready to use. Do not leave eggs out of the refrigerator for any length of time. Discard eggs that are cracked.

Fresh Fruits and Vegetables



Some fruits, such as peaches, plums, apples, oranges, and pears should be ripened at room temperature, then stored in the refrigerator. Store items such as grapes, lettuce, cucumbers, and carrots in the refrigerator to maintain quality. Wash all fresh produce thoroughly under running water before preparing and/or eating. Cut off any damaged or bruised areas on fresh produce before preparing and/or eating. Discard produce that is spoiled or rotten.