

# STORAGE & REFRIGERATION

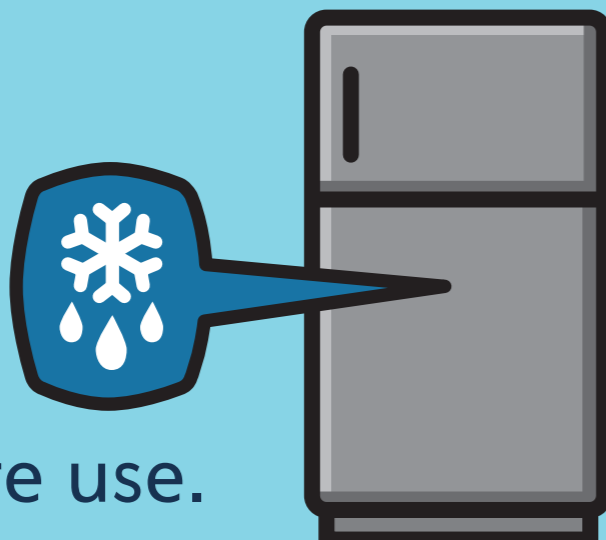
How to manage food and fridge

**BEST PRACTICE TIPS**

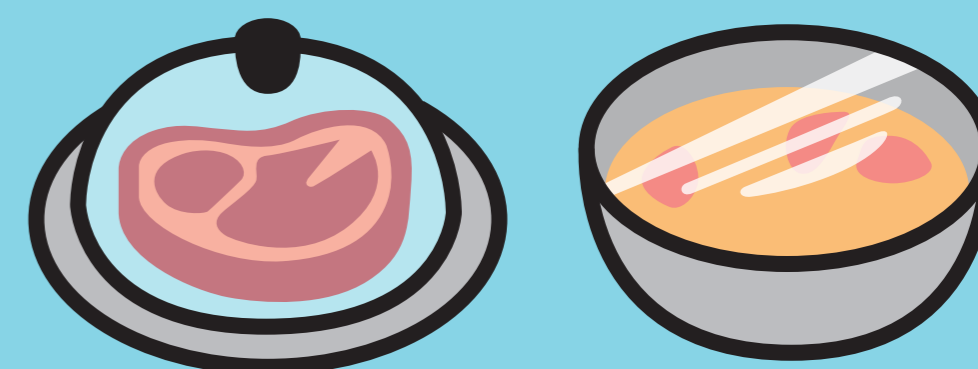


## 1 HANDLING FOOD

Let frozen food thaw inside the refrigerator before use.



Place long-shelf-life (food date) products back, short-shelf-life ones front.



Separate raw food from cooked food and wrap / cover it to avoid spreading bacteria and odours.

## 2 REFRIGERATOR TIPS

Defrost refrigerator/freezer if you notice ice-build-ups.

Avoid putting hot or warm food inside the refrigerator.

Avoid overloading refrigerator with foodstuff.



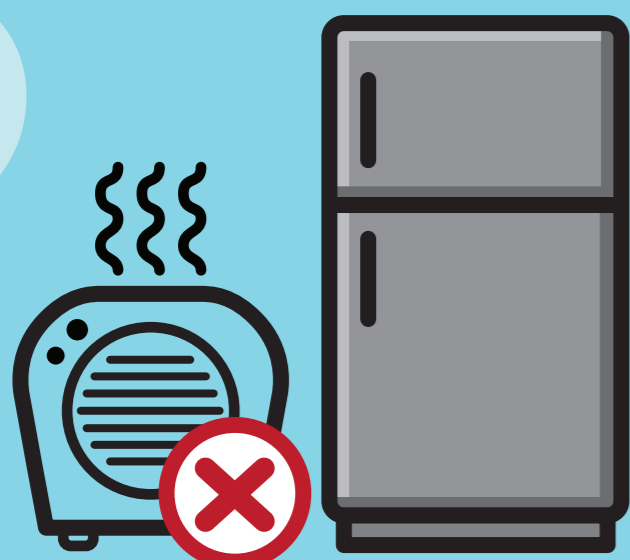
Don't keep the refrigerator door open any longer than you need.

Ensure refrigerator is at the right temperature for the food inside.

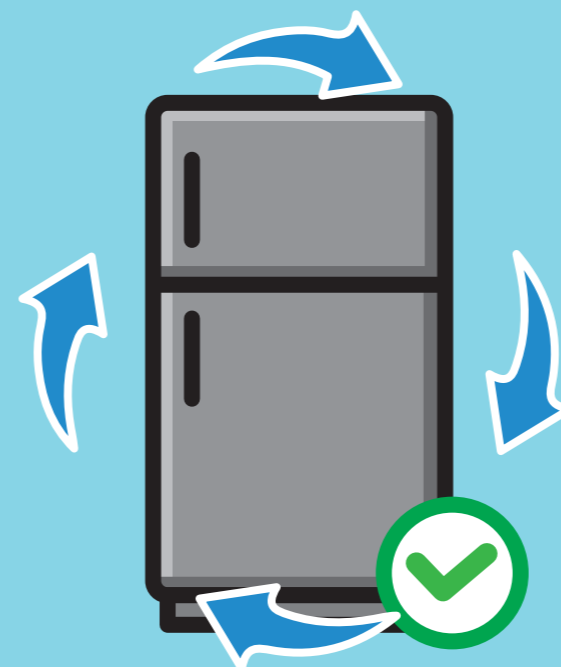
Avoid setting the temperature too cold or the coolest option.

Clean refrigerator once a month and remove spilled food to prevent growth of microbes.

## 3 RIGHT PLACEMENT

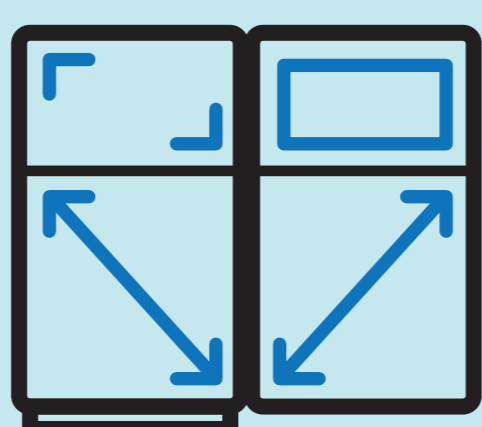


Choose a dry and cool site to install refrigerator and keep it away from external heat sources.



Allow cold air to circulate around refrigerator make sure nothing is covering the air outlet.

## CONSIDERATIONS BEFORE BUYING



Get the right size. Consider your needs.



Look for appliances that use little energy.



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