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Food Labelling & Storage

Proper food labelling and storage practices are vital to the safe handling of food. Adhering to food labelling and storage guidelines will ensure food remains free of bacterial growth, is fresh & tasty, all while providing safe and palatable food to our Residents!

Labelling Food

- All ready-to-eat food and food transferred to other containers should have a label indicating:
 - **Type** of food/fluid
 - A **preparation** date – day/month/year



Food Storage – FIFO

- Food must be organized on a first-in-first-out (FIFO) basis
 - Check **best-before dates** to identify what needs to be used first
 - Always pull current stock to the **front** of shelves
 - Always store new stock **behind** current stock



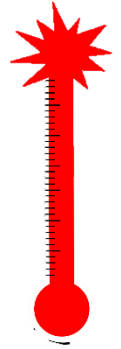
Benefits of FIFO:

- Prevents food/fluid spoilage
- Prevents contamination by pests
- Improves the quality & freshness
- Reduces the risk of food borne illness
- Increases resident meal satisfaction

NOTE: Be sure to remove damaged products while putting stock away. Notify your Nutrition Manager, so these products can be returned & replaced.

Refrigerator Storage

- Monitor refrigerator temperatures – maintain at **4°C or lower**
 - Remember to **check, record & initial** temperatures **each shift**
 - Take corrective action, as needed
- It is important to keep foods out of the **Danger Zone (4°C – 60°C)** for more than **2 hours!**
 - Ensure stock requiring refrigeration is put away promptly
 - Ensure food supplies / ingredients are not left out during food preparation



Refrigerator Storage Tips

- ✓ Organize the refrigerator to prevent cross-contamination
 - Store raw meat **separate** from cooked & ready-to-eat foods
 - If stored in the same refrigerator, ensure raw meats are **below** ready-to-eat foods
- ✓ **Cover / wrap** all food and fluid securely – this will prevent cross-contamination
- ✓ Food should be stored in **clean containers**, free from debris
- ✓ Ensure all food/fluid is **clearly labelled**
- ✓ **Never overload** the refrigerator – this may affect airflow & the refrigerators ability to keep food cold



NOTE: Storing food in controlled temperatures is an effective way to prevent the growth of microorganisms in food!

Frozen Storage

- Monitor freezer temperatures – maintain at **-18°C or less**
 - Remember to **check, record & initial** temperatures **each shift**
- Take corrective action, as needed

Frozen Storage Tips

- Monitor food for damage – observe for **freezer burn** due to prolonged freezing
- **Defrost freezers** regularly to avoid ice build-up – move food to another freezer while defrosting
- Keep freezers closed, as much as possible

Take food labelling & storage seriously. Remember to follow the FIFO rule when rotating stock & monitor food and fluid storage practices closely, to help keep our Residents safe!