Some foods need to be stored in the fridge or freezer to keep them fresh and safe to eat.

**Freezer**

- **Bread** (3 months)
- **Raw meat** (2–4 months)

Place in the fridge the day before cooking to defrost.

- **Frozen ice packs or water bottles** can be placed in school lunchboxes to keep food cold.

**Fridge**

- **Cheese, yoghurt**
- **Margarine**
- **Cooked foods** (2–3 days)

Cover and store in fridge.

- **Meat** (3–4 days)

Store on the lowest shelf.

- **Eggs** (3–4 weeks)

Foods made from milk or eggs should be kept cold.

- **Fruit and vegetables** (3–4 days)

Store in the crisper.

- **Food in jars and bottles**

Should be refrigerated after opening.

- **Milk** (5–7 days)

(Safe storage times are shown in brackets)