

# Proper Food Storage Can Save You Money

Nutrition Education  
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## Quick Storage Tips:

- Use airtight containers, freezer bags, and plastic wrap for safe food storage.
- Keep thermometers in your refrigerator and freezer to make sure temperatures are correct.
- When in doubt, throw it out. Spoiled food can make you sick!

Storing your foods the proper way can stretch your dollars. It will help maintain the quality of your foods such as the color, flavor, texture, and nutrients. Follow these tips to make your food stay fresh longer!

## What Causes Food to Spoil?

- **Air:** Air reacting with food can change the color, nutrient content, and flavor of food.
- **Microorganisms:** Bacteria, yeast, and mold can cause spoilage or foodborne illness.
- **Temperature:** Temperature affects the amount of time you can store your food and the growth of microorganisms.
- **Light:** Light can reduce the nutrient content and color of your food.
- **Enzymes:** Enzymes are found in food naturally and can change the color, texture, and flavor.
- **Insects, Rodents, Parasites:** When these creatures nibble on your food, it causes damage, which causes the food to deteriorate.
- **Abuse:** Cracks and bruises on fresh produce, dented cans, and broken packages allow air microorganisms, light, and creatures in, which reduces the quality of food.
- **Time:** Air, microorganisms, and enzymes need time to develop and change the color, texture, and flavor of food.

## More Storage Tips

### Pantry

- Use older canned and dried foods first before the newly purchased food. This method is called first in, first out.
- Check your cans and packages for any sign of spoilage.
- Look for dents, bulges, cracks, and leaks in cans and packaged foods.
- Keep your pantry clean, cool, dry, and dark.

### Refrigerator

- Keep your refrigerator temperature between 34°F - 40°F.
- Meat, milk, and leftovers should be kept in the coldest part of the fridge.
- Use your food quickly, such as opened or partially used foods.
- Do not stack foods tightly or prevent air circulation throughout your fridge.

### Freezer

- Keep your freezer at 0°F or below.
- Frozen foods do not last forever so label your foods with dates and use the first in, first out method.
- Have good air circulation throughout your freezer.



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# Perspective Puzzle

Find the top view for each piece of wire stretched along the edges and faces of the glass cube.

The puzzle consists of 24 numbered perspective drawings of a cube, each with a purple wire stretched along its edges and faces. The wire configurations are as follows:

- 1: Front-left vertical edge, top-left horizontal edge, and back-left vertical edge.
- 2: Front-right vertical edge, top-right horizontal edge, and back-right vertical edge.
- 3: Front-left vertical edge, top-left horizontal edge, and top-right horizontal edge.
- 4: Front-left vertical edge and bottom-left horizontal edge.
- 5: Front-left vertical edge and back-left vertical edge.
- 6: Empty square.
- 7: Empty square.
- 8: Front-right vertical edge, top-right horizontal edge, and back-right vertical edge.
- 9: Front-left vertical edge, top-left horizontal edge, and top-right horizontal edge.
- 10: Front-right vertical edge, top-right horizontal edge, and back-right vertical edge.
- 11: Front-left vertical edge and diagonal from top-left to bottom-right.
- 12: Back-left vertical edge and diagonal from top-right to bottom-left.
- 13: Front-right vertical edge and diagonal from top-left to bottom-right.
- 14: Empty square.
- 15: Front-left vertical edge, top-left horizontal edge, and diagonal from top-right to bottom-left.
- 16: Front-right vertical edge, top-right horizontal edge, and diagonal from top-left to bottom-right.
- 17: Front-left vertical edge, top-left horizontal edge, and diagonal from top-right to bottom-left.
- 18: Front-left vertical edge, bottom-left horizontal edge, and diagonal from top-right to bottom-left.
- 19: Front-left vertical edge and diagonal from top-left to bottom-right.
- 20: Front-left vertical edge and top-left horizontal edge.
- 21: Front-left vertical edge and bottom-left horizontal edge.
- 22: Front-left vertical edge, bottom-left horizontal edge, and back-left vertical edge.
- 23: Front-left vertical edge, top-left horizontal edge, and back-left vertical edge.
- 24: Front-left vertical edge, top-left horizontal edge, and top-right horizontal edge.

Below the perspective drawings are 21 numbered 2D top-view options:

- 4: Square with a horizontal line at the bottom.
- 5: Square with a vertical line on the left.
- 6: Empty square.
- 7: Empty square.
- 11: Square with a diagonal line from top-left to bottom-right.
- 12: Square with a diagonal line from top-right to bottom-left.
- 13: Square with a diagonal line from top-left to bottom-right.
- 14: Empty square.
- 18: Square with a horizontal line at the bottom and a diagonal line from top-right to bottom-left.
- 19: Square with a diagonal line from top-left to bottom-right.
- 20: Square with a horizontal line at the top.
- 21: Square with a horizontal line at the bottom.

ANSWER: 1-14, 2-11, 3-19, 8-7, 9-18, 10-4, 15-5, 16-6, 17-12, 22-21, 23-20, 24-13.