

DEPARTMENT OF
NUTRITION & DIETETICS

Food Storage and Safety



Food Storage and Food Safety

- ⦿ Maintain good hygiene
- ⦿ Prevent food from going bad
- ⦿ Prevent food poisoning



HOW CAN I MAINTAIN GOOD HYGIENE?



Wash hands before touching food



Wash foods thoroughly



Wash hands with soap after touching raw meat



Wash dirty plates immediately



Use different chopping boards for raw and cooked food



Do not reuse disposable items

BUYING FOOD

Vegetables

- ⊙ Do not buy fruits and vegetables that are bruised, blemished, shrivelled or mouldy.
- ⊙ Fruit and vegetables spoil easily.
Buy only what you can eat within a few days.

Meat/poultry/fish

- ⊙ Check that it does not look stale or have off-odours.
- ⊙ Do not buy meat or poultry in packaging that is leaking or torn.
- ⊙ Avoid fish with discoloration, especially if areas appear dry or mushy
- ⊙ Go home soon after buying meat/poultry/fish so that it will not be left un-refrigerated for too long.

Dairy

- ⊙ Make sure that the packaging is intact.
- ⊙ Always check the expiry dates.
- ⊙ Buy only what you can finish.



Canned Foods

Always check for:

- ⊙ Swelling and/or leakage
- ⊙ Rust and scratches
- ⊙ Broken seals
- ⊙ Dents and damages



If you see any signs mentioned above, DO NOT EAT.

STORING FOOD

1. Cooked food should not be left in the open for more than...



2. Keep leftover food in a sealed container in the refrigerator immediately. Heat it up when you are ready to eat.



*Leftover food in the fridge should be eaten in 1 day



Place milk on the fridge shelf rather than the door



Place eggs in the fridge



Store dry foods in dry cool places

COOKING AND REHEATING FOOD

- ⦿ Cook food thoroughly, especially meat, poultry, eggs and seafood.
- ⦿ Bring food like stews, soups and curries, to boiling temperatures when cooking.
- ⦿ Reheat food till it is steaming hot before removing.



DEFROSTING FOOD

- ⦿ Food should be defrosted in the lowest shelf of the fridge
- ⦿ Food can also be defrosted in the microwave or in a sealed bag under running water
- ⦿ Do not freeze food that has already been defrosted



Clinic B2
Nutrition And Dietetics
TTSH Medical Centre, Level B2
Contact:
6357 7000 (Central Hotline)



Scan the QR Code with your smart phone
to access the information online or visit
<http://bit.ly/TTSHHealth-Library>

Was this information helpful?
Please feel free to email us if you have any
feedback regarding what you have just read at
patienteducation@ttsh.com.sg

