

KEEPING YOUR FOOD SAFE AND FRESH: SIMPLE TIPS FOR SNAP FAMILIES

Hey there, SNAP families of Nevada! Today, let's talk about something we all deal with daily: food safety and storage. It's not just about keeping our meals tasty but also making sure they stay safe to eat! Here are some easy tips to help you keep your kitchen running smoothly.

Store it Right: When you bring groceries home, it's important to store them properly to make them last longer. For example, store raw meat, poultry, and seafood on the bottom shelf of your fridge to prevent juices from dripping onto other foods. Keep fruits and vegetables separate to maintain their freshness.

Keep Cool, Stay Fresh: Your refrigerator should be at 40°F or below to keep perishable items safe. Use a thermometer to check the temperature and adjust as needed. Leftovers should be refrigerated within two hours of cooking to prevent bacteria from growing.

Wrap it Up: When storing leftovers, use airtight containers or wrap them tightly with foil or plastic wrap. This helps maintain flavor and texture and prevents contamination.

Trust Your Senses: When in doubt, throw it out! Check expiration dates and look for signs of spoilage, such as unusual odors, mold, or changes in texture. It's better to be safe than sorry because some food will be bad before it smells bad!

Be Mindful of Shelf Life: Different foods have different shelf lives. Check the packaging for guidance on how long items can be stored safely. Use older items first to reduce waste and save money.

Clean and Sanitize: Keep your kitchen surfaces, utensils, and hands clean to prevent cross-contamination. Wash fruits and vegetables thoroughly under running water before eating or cooking.

Stay Informed: Stay up to date with food safety news and guidelines. Reliable sources, such as government health websites or local health departments, can provide up-to-date information and tips.

Remember, taking small steps every day can make a big difference in the freshness and safety of your food. By following these tips, you're not just ensuring your meals are delicious but also protecting the health of your loved ones. Stay safe, stay healthy!

For more information and resources on food safety and storage, check out [nutrition.gov](https://www.nutrition.gov). They offer a wealth of evidence-based tips and guidelines to help you keep your food safe and fresh.

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