HOW TO REUSE AND STORE LEFTOVER FOOD

Just make sure you do the following:

- Leave the food to cool down for at least 2 hours before putting it in the fridge
- When storing food in the fridge or freezer, make sure you place it in an airtight container or a freezer bag.
- When reheating the food make sure it reaches 70C temperature for 2 minutes, to ensure it is fully heated
- Make sure the food is thoroughly defrosted in the microwave or the fridge before consuming or heating it.
- Once the food is fully defrosted, it should only be reheated once and consumed within 24hrs. Otherwise, the more you reheat the food, the more chances of food poisoning
- Food that has been stored in the freezer such as ice cream or frozen desserts, they should not be put back into the freezer once they have defrosted.
- To reduce any waste and for your safety, only take the food out that you intend to fully use within the next 24hrs.
- Putting opened tin cans in the fridge should be avoided. Instead, place the food in a storage container or a covered bowl when putting it in the refrigerator (follow guidance on the label of tin).

Fridge maintenance:

The temperature of your fridge should be kept at 5C or below. Make sure you clean and inspect your fridge on a regular basis to ensure it remains hygienic and stays in good working order.