Skills
for Living

Frances Baynor Parnell

by
Yvonne Gentzler, Ph.D
Liz Romero, Ph.D.

Topic 13-4
Storing Foods

- In this topic, you will learn about maintaining the quality of the foods you buy, as well as
  - ❖ **Properly storing foods**
  - ❖ **Technology in food packaging**

Storing Foods

Objectives for Topic 13-4

After studying this topic, you will be able to

- describe general guidelines for storing foods
- identify two examples of technology in food packaging

Topic 13-4 Terms

- food rotation
- aseptic packaging
- retort packaging

Properly Storing Foods

- Proper storage helps maintain food quality
- The type of food you buy determines the proper storage method

In the Refrigerator

- **_Perishable foods_** spoil easily
- Cold temperatures keep them from spoiling quickly
  - meats
  - dairy products
  - some fruits and vegetables

In the Freezer

- Food should be tightly wrapped
- Label and date wrappers and containers
- Keep temperatures at 0ºF or lower

On a Shelf

- Store foods in a cool, dry place
  - ❖ Store flours, cereals, and pastas in tightly sealed containers
  - ❖ Keep onions and potatoes in containers that allow air to circulate
  - ❖ Refrigerate products from jars and cans after opening them
- *Food rotation* means storing the freshest food on the back of the shelf

Storing Leftovers

- Leftover food that you want to save for a later meal can be stored at home as it was in the store
- Store leftovers within two hours of the time they were served

Technology in Food Packaging

- In *aseptic packaging*, foods and containers are sterilized separately
  - ❖ Food is packed in the container in a sterile chamber
- In *retort packaging*, foods are sealed in foil pouches and then sterilized

Summary for Topic 13-4

- Proper storage of food at home is the key to preserving its quality
- An easy guide is to store food at home as it is stored in the supermarket
- Modern packaging techniques have made some perishable foods easier to store