Bread
Can be frozen for later use (4 months)

Leftovers
Cool quickly and store in the fridge in a non-metallic container with a lid (2-3 days) or can be frozen (2-3 months)

Cured meat (ham, bacon)
Cover and keep separate from raw foods (2-3 weeks)

Eggs
Store in the carton or in the covered ‘egg’ compartment (check the label for ‘best before’ date)

Raw meat
Covered, on a plate, on the lowest shelf of the fridge (3-4 days) or can be frozen (3-12mths). Thaw in the fridge before use

Fruit and vegetables
Ripen in a fruit bowl, then place in the crisper of the fridge to keep fresh

Milk, yoghurt, cream, cheese, margarine and butter
Store in the fridge (check the label for ‘best before’ or ‘use by’ date). Long life milk should be stored in the fridge and then used within 7 days after opening

Purchased frozen food
Once thawed do not re-freeze (check the label for ‘best before’ or ‘use by’ date)

Opened jars, cans and bottles
Store in a non-metallic container with a lid and treat like fresh food of the same kind once opened (check the label for storage instructions)

If in doubt...throw it out!