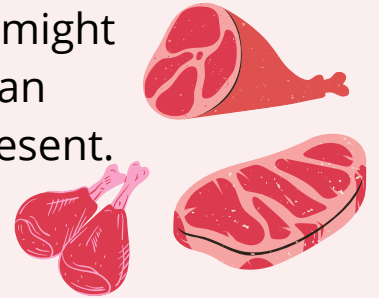


STORING PROTEIN

Meat comes from animals that could carry bacteria that might make us sick. Storing meat, poultry and seafood safely can help prevent the growth of the bacteria that could be present. While proper storage is important, it is critical to choose wholesome, high quality proteins to ensure safety.



Refrigerator Tips:

- Keep fridge at a temperature of 34° to 40° Fahrenheit
- When storing or thawing meat, place on bottom shelf in a container to prevent juices from leaking in fridge
- Only keep uncooked proteins in fridge 1-2 days before cooking or freezing
- Keep fridge clean from spills and spoiled food to prevent odors and bacteria from spreading
- Use food stored in the fridge quickly, don't depend on maximum storage times. Practice "First In, First Out" Method

Freezer Tips:

- Keep fridge at a temperature of 0° Fahrenheit or below
- Initial freezing is most efficient on lowest shelf in a single layer. Once frozen completely, meats can be stacked
- Date your packages before freezing. Long term storage is not dangerous, but it can affect flavors and textures.
- If you plan to store proteins for an extended time, it might be necessary to repackage them in an airtight container to prevent freezer burn

For more info on specific storage times use this link:

<https://www.fda.gov/media/74435/download>

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Source: <https://web.extension.illinois.edu/meatsafety/storing.cfm>