



DATES

Use by — safety.

Don't eat it after. You *can* freeze it up to that day.

Best before — quality.

Usually fine after. Use your eyes and nose.

FRIDGE AND FREEZER

Fridge **0–5°C**. Freezer **–18°C**.

Raw meat on the bottom shelf, in a bowl so it can't drip.

IF THE POWER GOES OFF

Keep the doors shut.

- Fridge — about **4 hours**.
- Full freezer — about **48 hours**. Half-empty — about **24**.
- Eat fridge food first, then anything thawed, then the cupboard.
- Colder than 8°C outside? Food can go outside in a sealed box.

COOKING

Steaming hot all the way through.

Chicken, pork, mince, burgers, sausages — **no pink**, juices clear.

LEFTOVERS

- Into the fridge within **1–2 hours**.
- Eat within **2 days**, or freeze.
- Reheat **once only**, until steaming hot.

RICE IS DIFFERENT

- Cool it **within an hour**.
- Fridge **one day only**.
- Reheat until steaming hot.

Never reheat rice twice.

DEFROSTING

- In the fridge, not on the worktop.
- Use within **24 hours** of defrosting.
- Don't refreeze raw — cook it first, then freeze the cooked dish.

TINS AND JARS

- Shallow dent — fine.
- Deeply dented, rusty, swollen or leaking — bin it.
- Jar lid should be sucked down flat.
- Once open, tip it into a dish. Don't keep it in the tin.

KEEPING THINGS APART

- Separate board and knife for raw meat, or do it last.
- Wash hands 20 seconds, before cooking and after raw meat.
- Don't wash raw chicken — it just splashes bacteria about.

ALLERGIES

- Everything we deliver has its own label on.
- Allergens are printed in **bold** in the ingredients.
- **Cooking does not get rid of an allergen.**
- Tell us when you order and we'll shop around it.

IF FOOD MAKES YOU ILL

Rest and drink plenty of fluids.

Ring **NHS 111** if it's severe, if there's blood, or if they're very young, elderly, pregnant or already unwell.