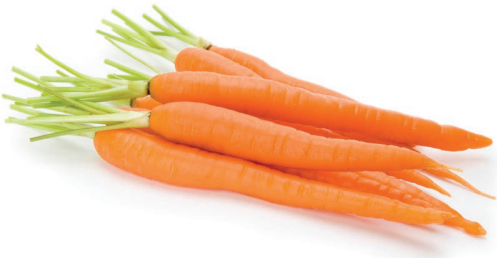


# Proper Food Storage

Not sure about where to put things in your refrigerator? Here are some tips on how and where to store your goodies in the fridge.

First and foremost is safety. The temperature in your refrigerator should be between 34 and 40 degrees. The ideal temperature is 37 degrees. Bacteria quickly grow and food will rapidly spoil above 40 degrees. Refrigerator thermometers are available at most home improvement stores. The thermometer should be placed in the center of the middle shelf and should be checked regularly.

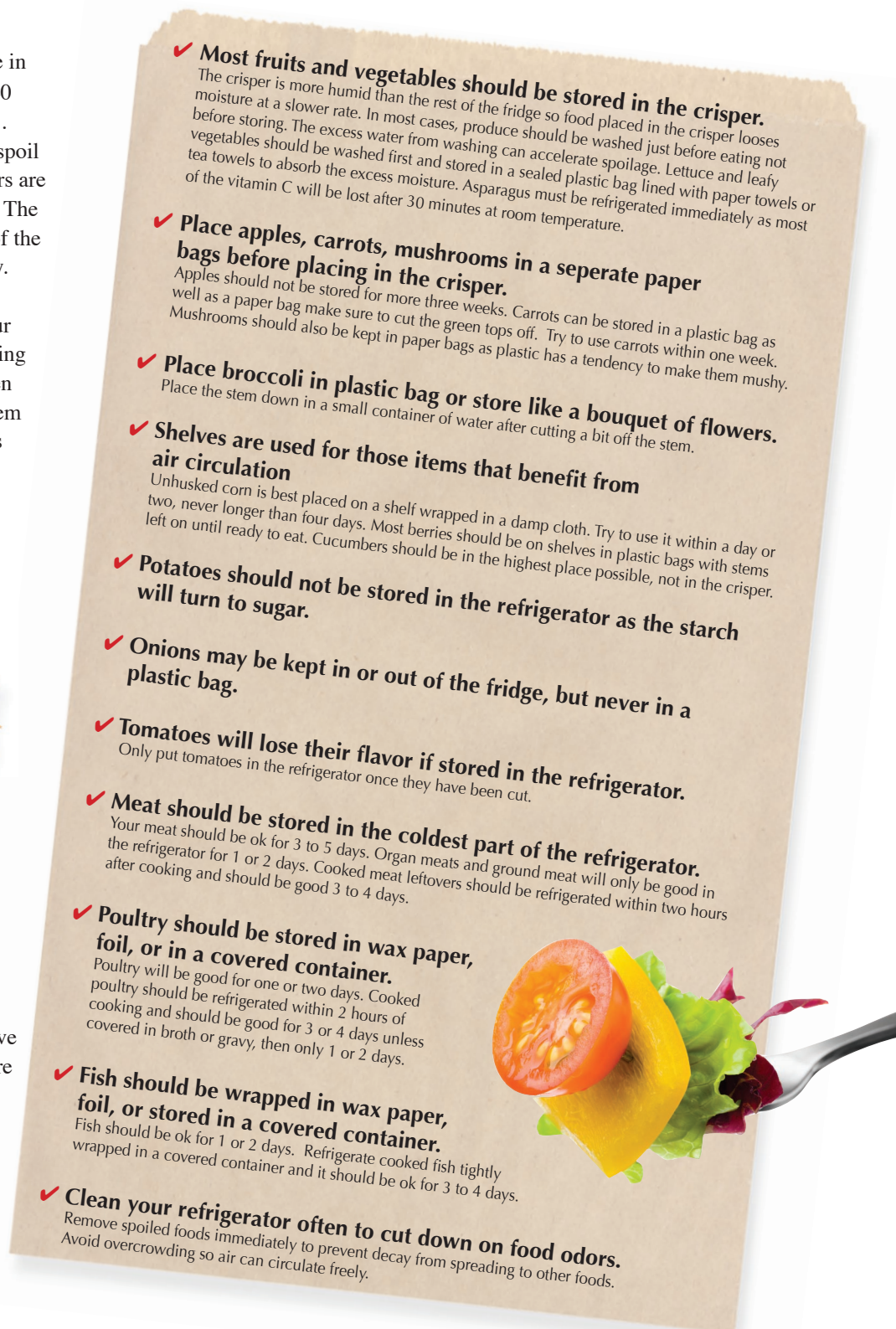
We poke, prod, sniff, squeeze, and eyeball our fruits and vegetable to make sure we are getting the best possible but our job doesn't end when we get home. The care we take in storing them until they are ready to be eaten is every bit as important as the choosing to retain the vitamin content and taste.



## Proper selection and food storage is important in your healthy eating program.

Unfortunately, consuming even the best organic fruits and vegetables, may leave you mineral deficient. Poor farming practices have destroyed the precious fulvic in soils therefore depleting minerals from our food. Taking [Fulvic Mineral Complex](#) and [Super Multi](#) daily helps you build a solid nutritional foundation for vibrant health.

Now that you know how to properly store you food, visit [VitalEarth.net](http://VitalEarth.net) and find out how to make the best food choices for optimum health.



- ✓ **Most fruits and vegetables should be stored in the crisper.**  
The crisper is more humid than the rest of the fridge so food placed in the crisper loses moisture at a slower rate. In most cases, produce should be washed just before eating not before storing. The excess water from washing can accelerate spoilage. Lettuce and leafy vegetables should be washed first and stored in a sealed plastic bag lined with paper towels or tea towels to absorb the excess moisture. Asparagus must be refrigerated immediately as most of the vitamin C will be lost after 30 minutes at room temperature.
- ✓ **Place apples, carrots, mushrooms in a separate paper bags before placing in the crisper.**  
Apples should not be stored for more three weeks. Carrots can be stored in a plastic bag as well as a paper bag make sure to cut the green tops off. Try to use carrots within one week. Mushrooms should also be kept in paper bags as plastic has a tendency to make them mushy.
- ✓ **Place broccoli in plastic bag or store like a bouquet of flowers.**  
Place the stem down in a small container of water after cutting a bit off the stem.
- ✓ **Shelves are used for those items that benefit from air circulation**  
Unhusked corn is best placed on a shelf wrapped in a damp cloth. Try to use it within a day or two, never longer than four days. Most berries should be on shelves in plastic bags with stems left on until ready to eat. Cucumbers should be in the highest place possible, not in the crisper.
- ✓ **Potatoes should not be stored in the refrigerator as the starch will turn to sugar.**
- ✓ **Onions may be kept in or out of the fridge, but never in a plastic bag.**
- ✓ **Tomatoes will lose their flavor if stored in the refrigerator.**  
Only put tomatoes in the refrigerator once they have been cut.
- ✓ **Meat should be stored in the coldest part of the refrigerator.**  
Your meat should be ok for 3 to 5 days. Organ meats and ground meat will only be good in the refrigerator for 1 or 2 days. Cooked meat leftovers should be refrigerated within two hours after cooking and should be good 3 to 4 days.
- ✓ **Poultry should be stored in wax paper, foil, or in a covered container.**  
Poultry will be good for one or two days. Cooked poultry should be refrigerated within 2 hours of cooking and should be good for 3 or 4 days unless covered in broth or gravy, then only 1 or 2 days.
- ✓ **Fish should be wrapped in wax paper, foil, or stored in a covered container.**  
Fish should be ok for 1 or 2 days. Refrigerate cooked fish tightly wrapped in a covered container and it should be ok for 3 to 4 days.
- ✓ **Clean your refrigerator often to cut down on food odors.**  
Remove spoiled foods immediately to prevent decay from spreading to other foods. Avoid overcrowding so air can circulate freely.